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HINTS

Designed to promote

Beneficence,

Temperance,

& Medical Science

Vol. I.

By John Coakley Lettsom, M.D. & L.L.D. &c.

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PREFACE.

FEW perſons who have early appeared as Authors, live to mature age, without a wiſh to have written leſs, or never to have appeared before the public. Perhaps ſome, who read the following Hints, may conclude that this ſentiment is ſuggeſted by the Author's individual experience. He makes no plea in favour of what he has done; but he has the ſatisfaction of reflecting that he never printed a ſentence to which he is aſhamed of ſubſcribing his name; becauſe the motives will, at leaſt to his own mind, ſupport his conduct.

Several of the ſubſequent Eſſays have been already printed, and ſome of them at an early period of his life. At the preſent moment he might expreſs himſelf differently; but, whether it is, that we recall our juvenile exer-

ciſes with the enjoyment of retroſpective pleaſure, or that we feel a ſatisfaction in marking the progreſs of experience; he acknowledges, that he cheriſhes a predilection for theſe efforts, excited as they may have been by imagination, rather than chaſtened by judgement.

Theſe Pieces, however trivial they may appear to an unbiaſſed reader, are ſubmitted to that Public, which cannot be greatly overburthened by an edition compriſing a few copies only, principally deſigned for the acceptance of private friends.

NICHOLS and SON, Printers,
Red Lion Paſſage Fleet-Street.

THE foregoing PREFACE I have re-printed from a ſmall edition of "HINTS," which it explains. Many of my acquaintances, and particularly ſome whom I have the happineſs of claiming in foreign parts, expreſſed their ſatisfaction in peruſing this little volume; and a deſire of ſeeing it extended upon a larger ſcale, by embracing ſome of the moſt intereſting, or leſs known Inſtitutions, founded on the National Benevolence of this diſtinguiſhed Iſland, which Linnæus juſtly entitled the *punctum vitæ in vitello orbis.*

From theſe motives I have been induced to deſcribe ſome of thoſe Inſtitutions with which I am more immediately connected, and with the utility of which I am moſt intimately acquainted. In ſuch an undertaking, a conſiderable portion of the volumes is occupied by the rules and regulations of the reſpective eſtabliſhments, which I thought

it requiſite to admit, as the means of enabling perſons in diſtant parts of theſe kingdoms, as well as foreigners, to form ſimilar ones.

This led me to reflect with ſingular pleaſure upon the enlarged views and philanthropy of the reſpective founders, and excited a wiſh to prefix to each of the Inſtitutions, a *Silhouette*, or engraved head, of the diſtinguiſhed characters themſelves; more particularly as I had the honour of claiming a ſhare in their friendſhips. After pleading the happineſs I ſhould derive from their gratifying my wiſh with their *Silhouettes* (for, although I do not poſſeſs the enthuſiaſm of a Lavater, I entertain a fondneſs for ſuch repreſentations), they had the condeſcenſion to oblige me, and I will venture to add, the public alſo, by complying with my requeſt; for, no benevolent individual can view this aſſemblage of philanthropy, without experiencing the moſt pleaſing reflections, and feeling the heart humanized with the tender energies of wiſhing to go and do ſo likewiſe.

Among

Among this illuſtrious group I had long cheriſhed a wiſh to prefix the *Silhouette* of Count RUMFORD, to the Section reſpecting the Diſtreſſes of the Poor; but, at the period it was put to the preſs, he was abſent from this country, and I then deſpaired of preſenting to the public the real likeneſs of one of the moſt diſtinguiſhed characters of the age; which on his return, however, to England, his condeſcenſion has enabled me to do. When I requeſted this indulgence, the Count, with a frankneſs and kindneſs which demand my grateful acknowledgements, replied, "that I ſhould have the *Triſle* I requeſted."

This unaffected politeneſs induces me more highly to eſtimate this favour; for, the object he modeſtly terms a *Triſle*, is, to my feelings, a valuable acquiſition. I introduce with pleaſure this circumſtance, as an inſtance, among others which literature affords, that great and enlarged minds think leſs of themſelves than thoſe do, who enjoy the happineſs of knowing them.

Whilſt philoſophers and learned men elucidate abſtruſe ſubjects, they have rarely enlarged the circle of uſeful arts, and particularly thoſe, applicable to domeſtic and common life.

FRANKLIN, who created a ſcientific energy in the new hemiſphere, unknown before his time, happily united them. His countryman Count RUMFORD embraced the ſame principles; and thoſe ample views which his great archetype ſuggeſted, he explained, enlarged, and confirmed; and, with a felicity of elucidation, rendered familiar to the artizan and mechanic; and thus, whilſt he inſtructed philoſophers in Science, he rendered the uſeful arts ſubſervient to public benefit, and domeſtic happineſs. To trace the improvements and diſcoveries, in which Arts and Sciences are indebted to him, is not my deſign; nor would theſe pages ſuffice to record them; they are too important, however, to eſcape the applauſe of the Learned, whom he has enlightened, or the gratitude of the Public, whom he has informed. The humble

humble courſe I have choſen, is to exhibit examples of beneficence; thoſe great and good characters who have been the benefactors of mankind; I contemplate, therefore, with ſingular gratification, the Count, who, whilſt he has taught Philoſophers to controul two of the moſt powerful agents in nature, Fire and Air, has inſtructed the artizan to ſubject them to the comfort and happineſs of the rich, and the poor. *Agents* ſtill more untractable, the paſſions and vices of profligate and audacious mendicity, he has ſubdued; and by his perſeverance and ſagacity, ſubſtituted the ſpirit of ſubordination and induſtry. To render that induſtry more productive to the individuals, as well as to the ſtate, he has multiplied the means of ſubſiſtence, by increaſing thoſe of nutrition.

My plan, as I have already intimated, is to trace and point out Beneficence, rather than Science; or ample is the field of narration which the Royal Inſtitution preſents, formed by an effort of his genius, to become the centre of national inſtruction, and uſeful know-

knowledge; but after this haſty ſketch of illuſtrious actions, what my late friend, the amiable DUBOURG*, applied to the American ſage, the world has confirmed on the living RUMFORD.

"Il a ravi le feu des Cieux,
Il fait fleurir les arts en des climats ſauvages:
L'Amerique le place à la tête des Sages;
La Grèce l'auroit mis au nombre de ſes Dieux."

* I have long been deſirous of procuring an engraving of my deceaſed friend, and ſhould be happy to be informed of the poſſeſſor of one, or of a painting of him; my valuable friend, Vicq. D'Azyr (phyſician to the unfortunate King of France), who fell like the great Lavoiſier, an untimely, and much-lamented victim to the guillotine; I think, mentioned to me, that there exiſted ſuch an engraving. Dubourg wrote a *Code d'Humanité*, an abridgement of which he gave me, on my viſit to him in Paris; this is miſlaid, and, if a copy exiſt, I ſhall highly value the poſſeſſion of it. I believe I preſented my copy to the late Dr. Fothergill.

I AM

I AM ſenſible that ſome important inſtitutions have not found a place in theſe volumes, as the MAGDALEN; ASYLUM; FOUNDLING HOSPITAL; the MARINE SOCIETY; the uſeful ſeminary long ſince eſtabliſhed by the natives of the Principality of WALES; the SCOTTISH HOSPITAL, of royal incorporation, but ſupported by private bounty; the more recent, but not leſs uſeful, inſtitution of the Benevolent Sons of ST. PATRICK; the ſchools eſtabliſhed by the FREE MASONS, &c. &c. But this omiſſion would rather promote than preclude the proſecution of theſe ſubjects, on an enlarged plan, at a future period, ſhould public approbation encourage it. I have, indeed, collected materials for a fourth volume, particularly in the department of Medical Science; but a reluctance to increaſe the expence of the reader induced me to withhold its publication, as I have

have ever felt a difficulty in this point of view, with reſpect to my own performances; not deeming them, myſelf, ſo worthy of public patronage, as they would appear to have acquired, from the demand they have experienced of two, three, and even more editions. One conſideration, the moderate price, may have in ſome degree counterbalanced their defects; for no pecuniary advantages were ever derived from literary performances, by

J. C. LETTSOM.

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SECTION

SECTION I.

HINTS

RESPECTING THE IMMEDIATE

EFFECTS OF POVERTY*.

WERE there no misery or distress in the world, there would be few occasions for exercising that benevolence, which excites gratitude and thankfulness on one hand, and the tender emotions of sympathy and humanity on the other. Conscious as we are that no one is exempt from the painful vicissitudes of life, and that the blessed to-day may to-morrow experience a bitter reverse; the child of woe is always an object of commiseration,

* Printed in the Gentleman's Magazine, vol. L. p. 25.

and ſhould excite in our hearts that kind of compaſsion, and obtain that aid from us, which we ſhould look for, were ſuch afflictions ſuffered to overtake ourſelves.

Various are the occaſions to excite the ſympathetic feelings of the human heart; for diſtreſs appears in a thouſand ſhapes: but perhaps there are none more deſerving of our attention, than abject poverty; particularly at this time, when the inclemency of the ſeaſon requires additional expences; and when families who have been ſupported by induſtry and labour, are many of them, robbed of this ſupport, by the exigencies of war *, and compelled to depend upon the ſcanty and precarious aſsiſtance of the pariſh. Many who are permitted to continue with their families, are obliged to labour in all the ſevere changes of weather, and are conſequently more liable to violent diſeaſes, and aggravated want. Their families are often numerous, their habitations cloſe and confined, and, when a

* The American War, which ended in the Independence of the Thirteen Colonies.

fever,

fever, or any infectious diſeaſe, is once introduced, it extends its malignity, and augments deſolation and miſery; for the arm of the father upon which a family of helpleſs children naturally depends for ſupport, is thus equally proſtrate with the babe at the breaſt. Sickneſs under every exterior comfort excites our ſolicitude and concern; but what a picture of human woe is exhibited, when want, penury, and pain, conſtitute the pillow!

The benevolence of this nation is great beyond compariſon; and when real diſtreſs is known, ſome tender boſom overflows with comfort and ſuccour; but the chief examples of miſery are unknown, and unrelieved; many there are too diffident to apply for aid, or ignorant how to do it; ſome of theſe pine away in ſolitary want, till death cloſes their ſufferings; numbers however, rather than ſilently ſuffer their huſbands, their wives, and their children, utterly to periſh, ſupplicate our aid in the public ſtreets and private avenues; but unfortunately for them, the preva-

A Morning Walk in the METROPOLIS.

ferings and pangs, from which we have hitherto been providentially, if not undeſervedly preſerved.

Theſe ſentiments were the reſult of a morning walk in the metropolis, which introduced the writer into ſome ſituations of real life, the relation of which he truſts, will not be unacceptable to thoſe benevolent minds who think

To pity human woe,
Is what the happy to the unhappy owe.

A Morning Walk in the Metropolis.

"About the beginning of December, on going out of my houſe, I was accoſted by a tall thin man, whoſe countenance exhibited ſuch a picture of diſtreſs and poverty as fixed my attention, and induced me to enquire into his ſituation. He informed me that he was a day-labourer, juſt recovered from ſickneſs, and that feeble as he then was, in order to procure ſuſtenance for a ſick family at home, he was compelled to ſeek for work,

and to exert himſelf much beyond his ſtrength; and he added, that he lived in a court called Little Greenwich, in Alderſgate-ſtreet. This poor object ſeemed to feel diſtreſs too deeply to be an impoſtor: and I could not avoid beſtowing ſome means of obviating his preſent want, for which he retired bowing, with tears in his eyes; but when he got out of ſight, his image was preſent with me: I was then ſorry that my generoſity had not been equal to my ſenſibility, and this induced me to attempt finding out his family. He had mentioned that his name was Foy, and by the information he gave me I diſcovered his miſerable habitation: with difficulty I found my way up a dark paſſage and ſtair-caſe to a little chamber, furniſhed with one bedſtead: an old box was the only article that anſwered the purpoſe of a chair, the furniture of the bed conſiſted in a piece of old ticken, and a worn-out blanket, which conſtituted the only couch, except the floor, whereon this afflicted family could recline their heads to reſt: and what a ſcene did they preſent! Near the centre of the bed lay

the

the mother with half a ſhift, and covered as high as the middle with the blanket. She was incapable of telling her complaints. The ſpittle, for want of ſome fluid to moiſten her mouth, had dried upon her lips, which, as well as her gums, were covered with a black cruſt—the concomitant ſymptoms of a putrid fever, the diſorder under which ſhe laboured, in its moſt malign ſtate. At another end of the blanket was extended a girl about five years old: it had rolled from under this covering, and was totally naked, except its back, on which a bliſter-plaiſter was tied by a piece of packthread croſſed over its breaſt; and, though labouring under this dreadful fever, the poor creature was aſleep. On one ſide of its mother lay a naked boy about two years old; this little innocent was likewiſe ſleeping. On the other ſide of the mother, on the floor, or rather on an old box, lay a girl about twelve years old; ſhew as in part covered with her gown and petticoat, but ſhe had no ſhift. The fever had not bereaved her of her ſenſes, ſhe was perpetually moaning out, "I ſhall die of thirſt; pray give me ſome water to drink." Near her ſtood another girl, about

four years old, barefooted: her whole covering was a looſe piece of petticoat thrown over her ſhoulders; and to this infant it was that her ſiſter was crying for water.

I now experienced how greatly the ſight of real miſery exceeds the deſcription of it.

What a contraſt did this ſcene exhibit to the plenty and elegance which reigned within the extent of a few yards only! for this miſerable receptacle was oppoſite to the ſtately edifice of an honourable alderman, and ſtill nearer were many ſpacious houſes and ſhops. I have obſerved that the daughter, who was ſtretched on the floor, was ſtill able to ſpeak. She told me that ſomething was the matter with the mother's ſide, and aſked me to look at it. I turned up an edge of the blanket, and found that a very large mortification had taken place, extending from the middle of the body to the middle of the thigh, and of a hand's breadth; the length was upwards of half a yard, and to ſtop its progreſs nothing had been applied. It was a painful

painful ſight to behold; and many not leſs painful exiſt in this metropolis. I procured medical aſsiſtance immediately, and for a trifling gratuity got a neighbour to nurſe the family. The churchwarden, to whom I made application, heard their hiſtory with concern, and added his humane aid, to reſcue from death a poor and almoſt expiring family. I have, however, the pleaſure to conclude this relation of their unſpeakable diſtreſs, by communicating their total deliverance from it; which, I think, may be juſtly attributed to the timely aſsiſtance adminiſtered.

London, Jan. 6, 1780.

Conclusion of the preceding *.

WHEN an account has been communicated to the public, accompanied with ſuch peculiar circumſtances, as to excite attention, or demand aſsiſtance, the public have a claim to every explanation reſpecting the

* Gentleman's Magazine, vol. L. p. 263.

help

help afforded, and the benefit produced; but where benevolence and humanity have been peculiarly intereſted, ſuch information is indiſpenſably requiſite, in order to obviate any ſuſpicion of deception, and thereby encourage the future exertions of public generoſity. The caſe I would particularly allude to, was inſerted in your Magazine for January laſt, giving ſome account of a poor family in ſuch extreme diſtreſs, that they muſt have periſhed, had not immediate ſuccour been extended, which, in juſtice to the community, was ſpeedily and abundantly applied. The aſſurance that a happy change in the ſituation of this family has ſince taken place, I thought would convey pleaſure to many of your readers, and exhibit a ſtriking inſtance of the favourable eſtimation in which your Magazine is held by the public. I am perſuaded alſo, that the well-timed relief which this family has in conſequence experienced, was not the only good effect produced. As the diſtreſs of many of the poor throughout the nation, and particularly in the metropolis, has encreaſed from various cauſes, to extreme

miſery,

miſery, a diſpoſition to beneficence has been proportionally excited in thoſe of ſuperior ſituations; and where want has crept into the habitations of the poor, charity has been animated by a divine ardour, to purſue and expel the unfriendly intruder. When the preſent exigencies of the times are conſidered, it is not a matter of ſurprize, that a poor man with a large family, from want of employment, or by the viſitation of ſickneſs, ſhould be reduced to extreme indigence. This, however, is gradually incurred; the firſt ſtep towards poverty, with only trivial aid applied in the inſtant, is eaſily reclaimed, and progreſsive deſcent prevented: but as diſtreſs encreaſes, the difficulty of obviating it is augmented; it is therefore of the utmoſt importance to the community to cloſe the wound, on the firſt application, with the oil and the honey, before it cankers, and becomes incurable. This was the conduct of the good Samaritan, who, without enquiring into the particulars, or after the country of the traveller, generouſly adminiſtered relief. It is this kind of attention to the firſt appearances of want, that

that enables a religious ſociety to boaſt, that there is not one diſtreſſed perſon in their community unnoticed or unrelieved. I have often lamented that ſuch a ſyſtem of conduct, which has uniformly ſucceeded for upwards of a century, has not been adopted more generally in pariſhes. On the contrary, the poor ſupplicant, inſtead of finding pity and protection, is too often repulſed by thoſe who hold the power of relief in their hands, with threats of a workhouſe, if they renew their petition, and again urge their neceſsities. —There is a love of freedom in the human breaſt; it is the birth-right and boaſt of an Engliſhman, who ill brooks unmerited reſtraint. A man with ſuch feelings, when oppreſſed with unavoidable want, is apt to aſcribe every inſtance of neglect to a contempt of his poverty, and thus chagrin of mind is added to his other miſeries. It is therefore the duty of thoſe in higher ſtations, to treat the poor with peculiar tenderneſs, even where they cannot grant their requeſts; and with reſpect to perſons entruſted with the care and proviſion of the poor in pariſhes,

the

the immediate extenſion of relief, when firſt required, would not only render the diſtreſſed object happy, but eventually ſave accumulated expences to the community; it would enable him at an eaſy rate, to ſtem the preſent torrent; encourage him to future exertions of induſtry; and thus preſerve him from becoming a laſting burthen to the pariſh, and a real loſs to the public. Though I have mentioned freedom as the birth-right of an Engliſhman, I would be far from defending the leaſt appearance of licentiouſneſs among the labouring poor; but when we conſider the immenſe importance of this claſs of people, their executive powers in manufactures, in commerce, in arts, and in bodily labour, which are great national concerns, we cannot be too cautious of depreſsing this love of independence, the genuine fruits of which are virtue, induſtry, and public ſpirit. Indeed our happineſs requires us to make this part of our fellow creatures happy, as there is no poſsibility of intentionally rendering others happy without rendering ourſelves ſo; neither is it poſſible to procure happineſs for our-

ourſelves, without firſt procuring it for others. Happineſs therefore is reciprocal, and is of all things the moſt eaſily purchaſed; for beneficence is the ſource of all happineſs, and the occaſions for exerciſing it are innumerable.

SECTION

Benjamin Count Rumford.

F.R.S. V.P. P.R.I. Acad. R. Berol. Elect. Boicæ et Palat. et Amer. Soc. &c.

SECTION II.

HINTS

RESPECTING THE

DISTRESSES OF THE POOR,

IN THE YEARS 1794, 1795.

PREFACE.

THE severity of the winter of 1794-5, *added to the increaſed expences of every article of ſubſiſtence, and particularly of bread, induced the Author to lay the following Hints before the public, with the view of alleviating the prevailing diſtreſſes of the poor.*

Theſe however ſtill continue; the republication, therefore, of theſe Hints, may be as uſeful as heretofore; and indeed from the preſent circumſtances

cumſtances of the times, they may continue to be uſeful long after the Author ſhall have ceaſed to be ſo. Although the reſtoration of peace, and better crops of corn, may afford ſome melioration of diſtreſs; yet a degree of it, much greater than what the poor ever experienced prior to the war, will moſt probably be ſeverely felt. About four millions a year muſt be annually raiſed upon the public, more than was paid antecedently to this ſcourge of human kind. Taxes may primarily be laid on articles of luxury, or on the opulent, but ultimately the burthen becomes felt by the whole community; the great maſs of which forming the chief conſumers, pay the principal ſhare of every impoſt.

Perhaps the following Queries and Anſwers may exhibit in an obvious point of view the magnitude of that debt, to pay the intereſt of which, the taxes ſo ſeverely felt, are annually levied.

I.

Suppoſing the national debt at preſent to be 309 millions of pounds ſterling, and that the whole

whole were to be counted in ſhillings; that a man could count 100 ſhillings per minute, and go on at that rate for twelve hours every day till he had counted the whole.

Queſtion. In what length of time could he do it?

Anſwer. 269 years, 219 days, and 20 hours.

II.

The whole of this debt being 7800 millions of ſhillings, and as 62 ſhillings make a troy pound—

Queſtion. The weight of the whole?

Anſwer. 125 millions, 806 thouſand, 432 troy pounds.

III.

As the breadth of a ſhilling is one inch, and an acre of ground contains 43,560 ſquare feet, or 6,272,640 ſquare inches—

Queſtion. How much ground would it require to lay the whole national debt upon in ſhillings, cloſe to one another's edge?

Anſwer. 1243 acres and a half.

IV.

Suppoſing a man could carry 100 pounds weight from London to York—

Queſtion. How many could carry the whole?

Anſwer. 1 million, 258 thouſand, and 64 men.

V.

Suppoſing all theſe men were to go in a line, and keep two yards from each other—

Queſtion. What length of road would they all require?

Anſwer. 1429 miles, half a mile, and 210 yards. But England is not a third of that length, even from Berwick to Weymouth.

VI.

Suppoſing the intereſt of this debt to be only three and a half per cent. yearly—

Queſtion. What does the whole debt amount to?

Anſwer. 13 millions, 650 thouſand pounds ſterling, which is paid every year.

VII.

Queſtion. How is this intereſt paid annually?

Anſwer. By taxing thoſe who lent the principal, and others.

VIII.

Queſtion. When will the whole principal be paid?

Anſwer.

Anſwer. When there is more money in England's treaſury by three-fold, than there is in all Europe.

IX.

Queſtion. When will that be?

Anſwer. Never.

HINTS, &c.

NOTHING contributes more effectually to the eſtabliſhment of good government among the middle and lower ranks of the community, than that ſpecies of equality which enables every man by his induſtry to procure, at all times, the neceſſaries of life. Without entering at preſent into the ſources of theſe difficulties, which the poor, even the induſtrious poor, of this country labour under; it muſt be obvious to every conſiderate perſon, who is placed in a ſituation ſuperior to this claſs of the community, and who minutely calculates his own expences, that, with the

utmoſt induſtry, the labouring man muſt find extreme difficulty to preſerve his family from the miſeries of real want, not only of the comforts, but even of the neceſſaries of life.

Many labouring men do not earn above eight ſhillings a week, whilſt ſome individuals may earn a guinea; but happy is the labourer who, upon an average, makes half a guinea a week, or twenty-ſix guineas a year; and many of the poor have a wife and four or five children to maintain. I know it is often urged, that the poor are improvident, and never avail themſelves of opportunities of ſaving a pittance to provide againſt times of difficulty; ſuch as, being out of work, viſited with ſickneſs, or aſſailed by the rigours of winter. I acknowledge that too many come under this deſcription; but let it be remembered, that one drunken or profligate man makes more noiſe, and becomes more conſpicuous, than a thouſand ſtarving, modeſt, induſtrious, and worthy perſons; as one eclipſe of the ſun attracts more obſervation than the annual brightneſs of this luminary;

and cruel would it be, as it is unjuſt, to cenſure a whole claſs for the miſconduct of a few individuals. With equal juſtice might the whole female ſex be cenſured for infidelity; becauſe a few worthleſs women of rank acquire more notoriety by miſconduct, than a thouſand of the moſt amiable women by their virtues: for true worth ſeeks obſcurity rather than publicity; and I will venture to add, that female virtue, and chaſtity of manners, never prevailed at any period in this kingdom, more than at the preſent time.

To return to the ſtate of the poor: let him who cenſures their improvidence reflect upon his own expences; aſk himſelf what he expends on coals, on clothes, on waſhing, on houſe-rent; nay, let him only calculate what he ſpends for bread alone, an article in which there is rarely much waſte; and he will then wonder how a poor man, with half-a-guinea a week, feeds and clothes a family, pays rent for his apartment, buys a few coals, and contrives to exiſt. This wonder will be increaſed, if he take into conſideration, that by expo-

ſure to all kinds of weather, ſickneſs often ſupervenes, and every reſource is, in a moment, annihilated. I ſhudder whilſt I reflect what a dreadful proſpect is preſented to a tender wife and famiſhed children! Againſt ſuch may the hand of affluence never be ſhut! And if ever there exiſted a nation more humane and generous than another, it is this, where relief of every kind is diſpenſed with a liberality which characterizes it as much for its humanity, as for its wealth. But though there is much wealth, there is alſo much indigence; and the ſeverity of winter, which ſtops the employment of any labouring man, has nearly the ſame effect on him, as if ſickneſs had confined him to his bed; and, without ſuccour, his family muſt be famiſhed. If to theſe be added an increaſed price of bread, beyond the reach of his earnings, ſuppoſing him capable of working, his miſery is ſtill inevitable, without immediate aid *.

This

* Soon after the firſt edition of this Tract appeared, the intereſting work, by David Davies, rector of Barham, Berks, intituled, "The Caſe of Labourers in Huſbandry ſtated and conſidered," came under my obſervation. It exhibits numerous

This is the preciſe ſtate of many poor people at the preſent moment; and laudable are the

merous calculations, made in different parts of the kingdom, of the expences of ſubſiſtence among the labouring poor, which clearly demonſtrate that the annual expences of ſeveral claſſes of them exceed their annual income or earnings. Theſe calculations were made about ſix years ago, when the times were even more favourable to the poor. In theſe calculations certain contingent expences are omitted, as conſequent on ſickneſs, accidents, &c.

A performance, intituled 'A Propoſal for a perpetual Equalization of the Pay of the labouring Poor,' made its appearance juſt as this was going to preſs; the author calculates the pay of labour by the price of wheat. "Six ſhillings being aſſumed as the ordinary price of a buſhel of wheat in the time of peace, and in ſeaſons of uſual plenty; let the pay of a day-labourer be apportioned to that, and fixed, never on any account to vary. For inſtance, the daily pay of a labouring man, in the pariſh and neighbourhood in which this was written, was one ſhilling a day, until about two years ago, when, in conſideration of the increaſed price of bread, two pence were added to it. Let one ſhilling therefore per day, or ſix ſhillings per week, be taken as the eſtabliſhed and fixed price of ordinary day labour." He adds, "let the addition which is made to their pay be given as a ſeparate article of account, and called a *gratuity*. Whenever the price of wheat is at ſix ſhillings per buſhel, or at any price below ſix ſhillings, let the day-labourer receive his pay without any addition. When the price exceeds ſix ſhillings,

the exertions every where making to avert a cataſtrophe dreadful, even in idea, of ſtarving

let him receive a gratuity, beſides his pay, in the proportions given in the following

TABLE:

Price of a buſhel of wheat, s.	d.		Gratuity. s.	d.
6	0	The daily pay being one ſhilling per day, the correſponding gratuity will be	0	0
6	6		0	1
7	0		0	2
7	6		0	3
8	0		0	4
8	6		0	5
9	0		0	6
9	6		0	7
10	0		0	8
10	6		0	9
11	0		0	10
11	6		0	11
12	0		1	0

This table is ſucceded by others, to ſuit different kinds of labour, but it does not make more proviſion for a married man with children, than for a batchelor.

If every labouring man being a batchelor, or married man without a child, were to pay one halfpenny in the ſhilling of their earning into a pariſh fund, it might, perhaps, be ſufficient to clothe annually every married man, his wife, and their children, in the ſame pariſh, provided they have three children, or upwards. This would, probably, prove an effectual method of equalizing labour with the expences of a family. Another fund might be formed by a tax of one ſhilling on every dog.

The

ving in a land of wealth and luxury *. My intention in writing theſe hints is, to impreſs upon the public, that much real, inevitable diſtreſs

The author of the preceding table mentions the practice of a very intelligent and worthy clergyman, his friend and neighbour. "It is, to conſtruct ovens for the poor of his pariſh, and to ſupply them, when uſed, with fuel; the expence of which, to the poor, would be but trifling, compared with the proceſs multiplied by the ſame number of individuals baking for themſelves, eſpecially in countries where fuel is ſcarce." Page 23.

In a pamphlet lately publiſhed by Dr. Barry, intituled, "On the Neceſſity of adopting ſome Meaſures to reduce the preſent Number of Dogs," he ſuppoſes, that a tax on them of five ſhillings each, would produce an annual revenue of 400,cool. This exaggeration is noticed in the Critical Review, vol. XV. p. 336. But the writer of it, on the other hand, under-rates the conſumption of food by dogs: every pack of them, conſiſting of ſixteen couple, annually conſume four tons of oatmeal, and forty hundred weight of biſcuit. The deſtruction they make among ſheep is no inconſiderable loſs. The product of this moderate tax, of one ſhilling on each dog, might be appropriated to portion out poor girls on marriage, or to ſettle young men in farming. To promote early marriages, and ſubſiſtence for the offspring, are objects worthy

* This was written in the late hard winter of 1794-5. And no winter is ſo mild as not to render the obſervations in ſome degree applicable.

diſtreſs actually prevails among the virtuous poor, and that charity cannot be exerciſed more piouſly than at this ſeaſon, when the price of bread, and of all the neceſſaries of life, is much increaſed.

The plan of buying food, fuel *, and clothes for the poor, whoſe little pittance does not enable them to go to the beſt market, is truly laudable, and may ſave thouſands from debt, famine, and death, until better weather and better times may afford them other means of ſupport. Never be weary, humane citizens, in the godlike work of averting miſery

worthy of a wiſe government; and any government is capable of annihilating the miſery of the poor. If the tax ſhould leſſen the number of dogs, it might at leaſt have this good effect, of proportionally leſſening the number of mad dogs, for whoſe bite no effectual remedy has yet been aſcertained.

*** Since this pamphlet was firſt printed, a tax on dogs has actually been laid by Act of Parliament.

* As the poor of London ſuffer much in winter from the high price of coals, it might become a laudable inſtitution to authorize the churchwardens, or certain humane perſons in each pariſh, to buy in a ſtock of coals when cheap, and ſell them to the poor at prime coſt in ſeaſons of diſtreſs.

from,

from, and adminiſtering comfort to, the poor man, his induſtrious wife, and their helpleſs children!

But I cannot here avoid noticing ſome acts, *intended* as acts of charity, which appear to me not only uſeleſs, but even injurious to thoſe for whoſe benefit they are deſigned. It is not unuſual for the opulent in rigorous ſeaſons of the year to treat the poor with a whole ox or oxen, and regale them with hogſheads of ale. I doubt not but they get well repleniſhed for the day; but, alas! the day of feaſting only makes them feel more poignantly its reverſe, the day of faſting. It neither tends to good morals, nor to perſevering induſtry; but, on the contrary, is deſtructive of both. Much more charitable would it be, to expend the money which the donation of oxen and ale would coſt, in fuel, warm clothing, and other neceſſaries, which would laſt beyond the day of feaſting and fulneſs, and warm the indigent with comfort through the winter. Ye opulent and great in the land, whilſt I reſpect your intentions, permit

permit me to direct your beneficence into channels of real charity, to the permanent ſuccour of diſtreſs and pining want *.

A re-

* Conſult 'A Letter to Sir T. C. Bunbury, Bart. on the Poor's Rates, and the High Price of Proviſions, with ſome Propoſals for reducing both. By a Suffolk Gentleman.'

The Monthly Review, vol. XVIII. N. S. p. 318, gives the following account of this performance. "The intelligent writer of this pamphlet regards, as the cauſe of many public evils, the practice of uniting ſeveral ſmall farms into a large one, and the conſequent failure of the race of independant yeomanry, who formerly cultivated their own farms, from forty to fourſcore pounds a year. The miſchiefs reſulting from this practice are clearly laid open, and a plan is ſuggeſted for reducing the Poor's Rates, and the price of proviſions, which may merit the attention of the public. It is briefly this; that every owner of land, to the amount of one hundred pounds a year, within three miles of a populous market town, ſhould build and let a cottage, with at leaſt an acre of land adjoining. The immediate advantage to the public which the author expects from this project, are the increaſe for ſale of many of the ſmall articles for houſe-keeping, and the reduction of the Poor's Rates. As a more remote conſequence, he expects the revival of the old ſyſtem of ſmall farms."

With reſpect to the price of labour, there ſeems to be ſingular difficulty in appreciating it. As the times now are, a ſingle man may live comfortably with the preſent price of labour;

A religious ſociety, conſiſting of about fifty thouſand members, for the moſt part of the middle and lower claſſes, has exiſted in this country upwards of a century, in which, abject poverty is the condition of none. Surpriſing as it is, that a ſect debarred, by reſtrictions in government, from enjoying any public office or emolument, and from ſharing its penſions, perquiſites, and ſinecures, ſhould have formed a conſtitution, that prevents the miſery of want, in the midſt of poor's rates amounting to four millions, three hundred

labour; but a man, with a wife and four or five children, cannot poſſibly be decently ſupported. Perhaps the beſt method would be to exempt every married man with three children from certain taxes, or give him ſome allowance from the county, in proportion to the number of his offspring.

Farms, however, ſhould not be too ſmall, as each will require a team, and very ſmall farms will not afford the expence. As one horſe conſumes the produce of as much land as would ſubſiſt a family, every horſe that is kept may be ſaid to annihilate a family, or eat up the ſupport of one; an additional diſtinct tax, therefore, of about a ſhilling on every horſe, might be appropriated ſolely as a premium for keeping oxen, where oxen can be kept with advantage.

thouſand pounds a year *, of which they do not partake: it is ſtill more ſurpriſing, that the community at large, ſeeing this, and feeling the weight of taxes, ſhould never have inquired of this ſect, "Tell us your ſyſtem!" At the ſame time, this ſyſtem is compriſed in two words, PRINCIPIIS OBSTA,—*remove the cauſe of diſtreſs in its commencement.* A prominent part of this ſyſtem I ſhall explain. The moment any individual of this ſociety applies for relief, two perſons in the reſpective meeting are appointed to viſit him, and to adminiſter ſuch aid as the nature of the caſe may require. If the object of diſtreſs be a female, two of her ſex are deputed to pay this charitable viſit; and ſometimes a fa-

* Were a tax upon all batchelors, except labourers, apportioned to other taxes they reſpectively pay, as five ſhillings, or any other ſum in the pound, riſing five ſhillings in the pound, every ten years, or one ſhilling in the pound every year, after the age of twenty-one, till a certain period of age, it might afford a ſubſtitute for the poor's rates. Married men having no children ſhould be included; and, perhaps, a ſmaller tax on thoſe having only one child, but never to extend to thoſe having three. Or, to ſimplify ſuch a tax, the parochial rates might be encreaſed to batchelors, and this additional tax applied to the extinction of the poor's rates.

mily

mily in want is cheered by the united attention of both ſexes.

Sudden diſtreſs, in poor families, may ariſe from ſudden illneſs; and by a moderate temporary relief, in the ſeaſon of affliction, ſubſequent aid is rendered unneceſſary; but from whatever ſource it may ariſe, when a perſon becomes involved in diſtreſs, unleſs that diſtreſs, and the cauſe of it, be early removed, accumulated miſery enſues, and the reſult uſually is a workhouſe; or, what is ſtill worſe, intoxication to drown care, or diſhoneſty in the deſperate hope of overcoming it. Bad indeed is the beſt; for, in general, the moment a family is ſo involved by the miſerable policy of the preſent poor-laws, as either to ſtarve, or to enter the doors of a poor-houſe, all pride of independence, reſulting from induſtry, is annihilated; that kind of independence which is the boaſt of an Engliſhman. Every paſſion that gives energy to ſoul and body ſeems buried in the common wreck of his independence; his offspring imbibe the ſame

ſame *inertia*, and a mean, beggarly, ſqualid race is generated, doomed to become a burthen to themſelves, and to the community, as long as the ſame policy is purſued. This ſubject, however, I now relinquiſh, to be reſumed in a future eſſay.

The *principiis obſta*, as already obſerved, implies the immediate attention to diſtreſs, which, by early removal, prevents its ſubſequent evils. To this end, it would be adviſeable to inſtitute a ſociety in every pariſh, or even in ſmaller diſtricts, of the inhabitants of both ſexes, to receive the applications of any individual in the diſtrict, who may have lived above pariſh aid; but who, from ſickneſs, or other unforeſeen event, may want temporary aſſiſtance; and to adminiſter ſuch relief as the preſſure of diſtreſs may require, agreeably to the plan adopted by the ſect alluded to.

By ſuch ſuperintendance of the opulent over the indigent, the number of pariſh poor would gradually be leſſened.

When

When an individual of a large community falls into diſtreſs, leſs attention, in proportion, is paid to his particular caſe. It would therefore afford the exerciſe of more active humanity, were ſocieties formed in ſmall diſtricts; and in every ſociety, two of each ſex ſhould be deputed every month to hearken to the voice of miſery, and to endeavour to adminiſter relief.

By this pious ſuperintendance, the rich would ſee the diſtreſſes of their poor neighbours, and learn, in this ſchool of active morality, the unaſſuming enjoyment of their ſuperior bleſſings, and the habitual exerciſe of Chriſtian charity. To ſee gentlemen entering the hovel of the poor man, and ladies ſympathizing in the chamber of the poor woman, would elevate the dignity of human character; and whilſt it cheered poverty, it would tend to promote a virtuous exertion to overcome it by induſtry.

It may be urged that many of the poor are too depraved to merit attentions of this

kind, which would be adminiſtered in vain. From an extenſive knowledge of the ſubjects of human infelicity, I am convinced that few individuals are ſo depraved as to become irreclaimable by kindneſs. The lion will lick the hand of him who draws the thorn from his foot. Were the plan, however, of early relief once adopted, this hardened ſtate would not be acquired; for depravity is not habitual, where oppreſſion is not permanent. There is no expreſſion more illuſtrative of the character of Chriſt, than the epithet contemptuouſly applied to him, "*Behold the friend of publicans and ſinners.*"

I may here advert to an order to leſſen the price of bread, forbidding the barbers from uſing flour inſtead of hair powder made of ſtarch, under a penalty of ten pounds. Were the barbers to uſe ſtarch-powder alone, the product of their induſtry would not enable them to live, and above one half of them are not each worth the penalty to be inflicted; ſo that if this old act, recently revived, were put into execution as generally as it is now eluded,

eluded, the priſons would be crowded with more accumulated miſery than now exiſts.

Happy for the poor perhaps it is, that this act does not reſtrain the barbers and hair-dreſſers from mixing about four pounds of wheat-flour with one pound of ſtarch, otherwiſe the deſtruction of wheat-flour would become a more ſerious evil; for, as full two pounds of wheat-flour are deſtroyed in manufacturing one pound of ſtarch; it follows that, were the barbers and hair-dreſſers to uſe ſtarch-powder alone, agreeably to act of parliament, twice the quantity at leaſt of wheat-flour would be conſumed upon the head, inſtead of repleniſhing the ſtomach. It would therefore be much more humane in the legiſlature to paſs an act immediately, forbidding the barbers from uſing ſtarch at all, and confining them, if powder muſt be uſed, to flour alone; and at once, generouſly and humanely ſubmit to forego the duties on ſtarch, till the return of better times for the diſtreſſed poor. If, inſtead of roaſting bullocks and ſquandering ſtrong beer for one unhappy day of

feaſting them, the great men and women of the land would allow their hair to be cheriſhed by nature, and totally relinquiſh the dirty faſhion of ſtarch and greaſe, the poor might really experience the benefits of their forbearance of a cuſtom, filthy to clothes, and abſtractive of perſonal charms. Till then, all the heavy exciſe duties, and improvident revenue acts of parliament, reſpecting ſtarch and wheat-flour, are perhaps deſtructive of the very end propoſed—the feeding the poor with bread. Previous to paſſing the hair-powder bill, it appeared, by the accounts from the Exciſe-office laid before Parliament, that 8,170,019½ pounds of ſtarch were manufactured in Great Britain in one year. The miniſter at the ſame time ſtated the number of hair-dreſſers to amount to 50,000. The author * of a letter to him ſuppoſes, from theſe facts, that, if each hair-dreſſer uſed only one pound of flour a day, it amounts on an average to 18,250,000 pounds in one year, or 5,314,284 quartern loaves, at

* John Donaldſon, Eſq.

the

the uſual allowance of $3\frac{1}{2}$ pounds of flour for a quartern loaf: and ſuppoſing only four times this quantity of flour uſed by thoſe who dreſs their own hair, and others who are not profeſſed hair-dreſſers, will make 21,256,936 quartern loaves; thoſe three numbers being added, amount in all to 30,571,226 quartern loaves at 9d. each, which is $4\frac{1}{2}$d. under the preſent aſſize, and amount to 1,146,421 pounds ſterling *.

But as every hint for immediately diminiſhing the conſumption, and conſequently the price of flour, is of more or leſs utility, I cannot conclude without recommending the uſe of potatoes as a partial ſubſtitute for bread. *Indeed, a well-boiled or roaſted mealy potatoe is at once a little loaf, and forms the cheapeſt ſubſtitute for that of wheat.*

* Dr. Reuſs, profeſſor at Tubinguen, in his 'Medico-Œconomical Inquiry, concerning the Properties and Effects of pure and adulterated Hair-Powder,' publiſhed in 1781, calculates that 7200 buſhels of wheat are annually conſumed in this manufacture, in a country inhabited by 10,000 perſons, if only a thirtieth part of them uſe it.

If an union, however, of this vegetable, with flour, be deſirable, one-fourth of potatoes in the loaf renders it equally pleaſant and wholeſome as if the whole were of wheat; I ſpeak from indubitable experience. This was about the proportion of potatoes recommended by the late Dr. Fothergill. I have eaten a pleaſant bread made of equal quantities of potatoes and wheat-flour: with the addition of a ſmall proportion of ground rice, which prevents the crumbling of the bread, it is rendered ſtill more uſeful in a family.

T. Bernard, Eſq. treaſurer of the Foundling Hoſpital, during the ſcarcity of wheat in 1795, recommended it to that inſtitution, to ſubſtitute rice-puddings for thoſe of flour. The flour-puddings had taken 168 pounds of flour; the rice-puddings required only twenty-one pounds of rice, to make the ſame quantity and weight of pudding. The reſult was, that one pound of rice went nearly as far as eight pounds of flour. The uſe of theſe puddings have ever ſince been continued at the hoſpital. The ſaving of money to the hoſpital

tal has been above 200l. a year, and the ſaving to the nation 17,472 pounds weight *per annum* of flour.

Receipt.

Boil a quarter of a pound of unground rice, till it is quite ſoft; put it on the back of a ſieve to drain it, and when cold mix it with three quarters of a pound of flour, a tea-cup full of yeaſt, a tea-cup full of milk, and a ſmall table-ſpoon full of ſalt. Let it ſtand for three hours; then knead it up, and roll it up in a handful of flour, ſo as to make the outſide dry enough to put into the oven; about an hour and a quarter will bake it. It will weigh 1lb. 14oz. and will keep eight days. It ſhould not be eaten till it is two days old.

To make rice-bread, whole rice boiled anſwers every purpoſe nearly as well as the flour of it, as has been noticed. Two pounds of rice when boiled weighs four pounds; it may then be kneaded with wheat-flour, or the meal of oats, barley, or rye, or different

proportions of them; with the uſual additions in making bread, affords excellent loaves; the above quantity of rice requires about a pint and half of meal or flour. In London, natives of different counties are attached to different kinds of grain; and by this familiar mode of manufacturing bread, every palate may be gratified.

Rice in every compoſition is wholeſome, and in the compoſition of bread is very productive, as has been experienced in the following proportions: The rice is previouſly boiled for ten or twelve minutes in three times its weight of water, which is put to it cold. Thus ten pounds and a half of flour, the quantity uſed in three quartern loaves when made into dough, with one pound and a half of whole rice ſo prepared, and the produce will be ſix loaves inſtead of four.—Hereby a ſaving will be made of three pence in the quartern loaf, valuing the rice at 6d. per pound, after paying the baker for his trouble, and the conſumption of the corn will be reduced nearly one half. One pound

pound of rice, one pound of barley-meal, a quarter of a pound of treacle, and one ounce of falt, boiled in two gallons of water, over a flow fire, make fixteen pounds of nutritious food: the whole coft amounts to nine pence.

In the APPENDIX TO THE REPORT *from the Lords Committees*, to whom it was referred to confider fo much of his Majefty's fpeech, as relates to the *dearth of Provifions*, 1800, there are annexed various receipts for preparing rice, not very diffimilar from the preceding; but as they exhibit different proportions in the ingredients, or modes of preparing them, I have copied them verbatim.

APPENDIX, No. I.

UNDER RICE ARE ADDED VARIOUS MODES OF PREPARING IT.

(A) Mixed bread of rice, wheaten-flour, and bean-flour, made in Glouceſter. Ten pounds of rice,

rice, ten of bean-flour, fifty-ſix pounds of wheaten-flour, produce good wholeſome bread.

(B) Rice mixed with wheaten-flour in bread.—Where the wheaten-flour is very good, and great attention paid to the mixture, one pound of boiled rice and three pounds of flour will produce ſeven pounds of bread; but, in general, one-fifth rice is the beſt proportion.

The beſt mode of preparing it is as follows: Set the ſponge with ſix pounds of flour, and one-third of a pint of well-ſettled yeaſt, mixed with a pint of warm water; put it in a warm ſituation to ferment; then waſh two pounds of rice, and ſet it to boil in two gallons of water; when it boils and thickens, pour in more water, to prevent the rice from ſticking together, and when it is perfectly tender, and fully ſaturated with the water, without running together, ſtraik it on a coarſe ſieve or cullender. The rice will require about an hour and half for the boiling; and when it is cooled to the temperature of new milk, which will be in about an hour and half more, the ſponge will be duly riſen to be formed into dough with it. Knead the whole then well, and work in by degrees a handful of ſalt, and four pounds of flour. Leave the dough to riſe for

two hours; it will then require about another pound of flour to make it into four ſtiff loaves; put them quickly into the oven, and bake them nearly three hours. The bread will keep moiſt eight or ten days, and ought not to be eaten till two or three days old.

(C) Rice with milk, uſed at the Foundling Hoſpital ſince 1795.—Soak the rice over-night in water; bake twenty-four pounds of rice with eighteen gallons of milk, and ſix pounds of treacle.

(D) Sweet rice-pudding, which has been given to labourers in the county of Surrey.—Put a pound of rice in five pints of cold water, and boil it gently for two hours, by which time it will be of the conſiſtency of thick paſte; then add two pints of ſkim-milk, and four ounces of treacle, and boil the whole very gently for another hour; it will produce near nine pounds of ſweet rice-pudding.

(E) A preparation of ſavoury rice without milk, uſed at Durham, and in Oxfordſhire.—Put one pound of rice into three quarts of boiling water, let it remain for twenty minutes, then ſkim the water, and add one ounce of hog's lard, and

and a little ſalt and allſpice, and let it ſimmer gently over the fire cloſely covered for an hour and quarter, when it will be fit for uſe. If it is to be kept, it ſhould be ſet by in an earthen pan, covered with a wooden cover. It will produce rather more than eight pounds of ſavoury rice. It is not neceſſary to ſtrain the rice.

(F) A compoſition of barley and rice, producing more food than ten people can eat.—One pound of rice, and one pound of Pot, or Scotch barley, two gallons of water, boiled for four hours upon a ſlow fire, and kept conſtantly ſtirring; and before taking off the fire, add four ounces of ſugar, and ſometimes an ounce of ſalt.

(G) Subſtitute for oatmeal porridge, at little more than one-third of the expence. Between eight and nine hundred perſons have been fed with it for a week, and it has been found to anſwer.—One pound of rice, one ditto barley, one quarter of a pound of treacle, one ounce of ſalt, two Engliſh gallons of water. The rice and barley to be boiled on a ſlow fire for four hours, the reſt to be added for ſeaſoning: the reſult will be about ſixteen pounds of good porridge.

(H) Boiled

(H) Boiled rice-pudding, recommended by the Society for bettering the Condition of the Poor.—Boil a pound of rice in a pudding-bag, tied ſo looſe as to be capable of holding five times the quantity; it will produce five pounds of ſolid pudding. This is not given as the preferable way of preparing rice; but it ſerves to ſhew its increaſe by dreſſing.

(I) Rice and barley-porridge, by the ſame.—Put one pound of rice and one pound of Scotch barley into two gallons of water, and boil them very gently for four hours over a ſlow fire; then add four ounces of treacle and one ounce of ſalt; and let the whole ſimmer for half an hour more. It will produce ſixteen pounds in weight. This is much uſed at Montroſe, and in ſome other parts of Scotland; and has been greatly approved.

(K) Macaroni rice, by the ſame. Put a pound of rice into five pints of cold water, and boil it gently for two hours, by which time it will be of the conſiſtency of thick paſte; then add two pints of ſkim-milk, and two ounces of ſtrong Cheſhire cheeſe, grated pretty fine, and a little pepper and ſalt, and boil the whole very gently for another hour. It will produce nearly nine pounds of macaroni rice.

Many

Many families for a ſeries of years have uſed chiefly potatoe-ſtarch. After peeling the potatoes, they are grated, and the fæculæ waſhed off by nine or ten waſhings of clean water, or till no fæculæ ariſe; the reſidue at the bottom of the veſſel, when dried by the fire, forms ſtarch. The Maranta or Arrow-Root of the Weſt-Indies, a food common with the Negroes there, has been recommended as a ſubſtitute for the ſtarch of wheat.

The late J. Cook, of Barking, favoured me with the following receipt of potatoe-bread, in uſe in his own family. "A quantity of potatoes is boiled in the ſkin, over a ſlow fire, by which they fall to pieces throughout more effectually. After long boiling, they are peeled, and the moſt mealy ſelected; theſe are well bruiſed by a broad wooden ſpoon; and equal quantities of this and flour by weight are kneaded up with yeaſt for the oven. To take off the bitterneſs of the yeaſt, a ſmall

a ſmall quantity of bran and milk, with a little ſalt, are added to it: theſe, after ſtanding about an hour, are run through a hair-ſieve."

Probably the milk may add to the white-neſs, for the potatoe-bread I ate was as white as wheaten ſtandard-bread, and is found to make the bread eat ſhorter and pleaſanter, for without this addition the bread taſtes a little bitter.

It may be proper to obſerve, that after the whole is kneaded into dough, it is laid on the hearth before the fire, placed on a diſh, and lightly covered with a cloth about an hour, which promotes a kind of fermentation, and renders the bread lighter in eating.

The Board of Agriculture has publiſhed the following receipt: "Chooſe the moſt mealy ſort of potatoes, boil and ſkin them; take twelve pounds, break and ſtrain them well through a very coarſe ſieve of hair, or a very fine one of wire, in ſuch a manner as to reduce the roots as nearly as poſſible to a ſtate

ſtate of flour; mix it well with twenty pounds of wheaten flour; of this mixture make and ſet the dough exactly in the ſame manner as if the whole were wheaten flour. This quantity will make nine loaves of about five pounds each in the dough; and when baked about two hours will produce forty-two pounds of excellent bread."

The following receipt of Dr. Fothergill, is copied verbatim:—"Take two or three pounds of potatoes, according to the ſize of the loaf you would make, boil them as in the common way for uſe; take the ſkin off, and, whilſt warm, bruiſe them with a ſpoon, or a clean hand does better; put them into a diſh or dripping-pan before the fire, to let the moiſture evaporate, ſtirring them frequently that no part grow hard; when dry, take them up and rub them as fine as poſſible between the hands; then take three parts of flour and one part of the prepared potatoes (or equal quantities of each will make good bread) and with water and yeaſt make it, as uſual, into bread. It looks as fine as wheaten bread, and taſtes agreeably; it will keep moiſt near a week, and ſhould

ſhould not be cut until it is full a day old, otherwiſe it will not appear ſufficiently baked, becauſe of the moiſture which the potatoes give it. Never cut potatoes in ſlices with a knife, either raw or boiled; but break or bruiſe them with the hand or ſpoon, or they will not be ſoft *."

In December, 1795, was held at Bath, the anniverſary meeting of the Weſt of England Agricultural Society, when the following method of making potatoe-bread, of which a ſpecimen was produced to the Society, met with general approbation. "To any given weight of flour, put half the weight of potatoes; let the potatoes be well boiled, peeled, and maſhed; mix them up with flour whilſt warm, then add the yeaſt, and proceed as in the common method, obſerving to make the bread as dry as poſſible."

"Twelve months uſe of this bread in one family has proved it to be both wholeſome

* See a receipt in the Appendix, from M. Parmentier.

and palatable. The following experiment will ſhew the increaſe of bread to be obtained from the mixture of potatoes:—eighteen pounds of flour, without any mixture, made twenty-two pounds and a half of bread:—eighteen pounds of flour, with nine pounds of potatoes, made twenty-nine pounds and a half of bread *."

"Seven pounds of bread are gained by nine pounds of potatoes. The flour employed was three-fourths wheaten and one-fourth barley-flour; the bread excellent †."

That

* This is different from all my experiments; for on baking dough of equal quantities of flour and potatoes, of the weight of twelve pounds, the loaf on being taken from the oven never weighed more than nine pounds. Leſt ſome deception might have occurred, different bakers were employed, but the reſult was the ſame; had the loaf been of flour alone, it would have weighed about eleven pounds and a half.

† A gentleman in the country informs me, that the following method of making potatoe-bread has been ſucceſsfully introduced into his family, "Take fourteen pounds of potatoes, boil them in the ſkin, then peel and cruſh them well, adding boiling water, till they form a ſtiff glutinous

That humane and excellent character, Admiral Waldegrave, now Lord Radſtock, in a letter dated Portſmouth, October, 1795, gives the following receipt for making potatoe-bread.

"Take ſixteen pounds of large mealy potatoes, boil them well, and break them in pieces. They muſt be then ſet out in the open air for half an hour, that the watery particles may evaporate; then rub them in with twenty-eight pounds of flour, till all the lumps are reduced; after which, mix a proper portion of yeaſt, and knead it into dough.

pulp: when this is cooled to new milk warmth, add two table-ſpoonfulls of yeaſt; mix them well, letting the whole ſtand near the fire in a wooden diſh (as wood ſeems more friendly to this fermentation than earthen veſſels) for an hour or two, till the whole aſſumes the appearance of a large quantity of yeaſt; to this add fourteen pounds of good ſound wheat-flour, and as much warm water as will make the whole into a ſtiff paſte, letting it ſtand, as is uſual, to ferment a proper time; but the fermentation goes on ſo rapidly, that it will generally receive three or four pounds more of freſh wheat-flour, when the bread is made up into loaves for the oven."

"This is for a large baking; but may be reduced by only allowing two pounds of potatoes to three pounds and a half of flour, or ſix pounds of potatoes to eight pounds of flour *."

"We are now making bread of equal proportions of flour and potatoes. It anſwers admirably."

Dr. Johnſon, in his letter to the Admiral, dated Haſlar, October 19, 1795, obſerves, that he has made trial of the potatoe-bread, in the proportion of three pounds and a half of flour to two pounds of potatoes, and found it preferable (from the concurrent teſtimonies of many who taſted it) to the fineſt baker's bread; and, after keeping it four days, retained its lightneſs, and acquired no acidity.

In ſome of the northern counties of England, it is cuſtomary in ſeveral families to

* "The weight of the potatoes here conſidered, is in its ſtate juſt previous to its being mixed with flour."

make

make pies of ſtandard dough, and to fill the inſide with ſliced or maſhed potatoes, and a layer of bacon, or any ſpare meat; when well baked, it affords wholeſome food, and is, perhaps, the cheapeſt hitherto uſed.

A friend of mine has informed me of the experience he has had in his own family, of the ſuperior advantages of pies, in preference to roaſting or baking. Four pounds of mutton were made into a pie, with one pound and a half of wheat-flour; this pie, with eight ounces and a quarter of bread, dined eight perſons fully; whilſt three pounds three quarters of mutton roaſted, with two pounds one ounce of bread, dined only five of the ſame perſons: which prove, that baking pies is a cheaper way of uſing meat than roaſting, and (which at this time is of great importance), it conſumes leſs flour *.

Boiling

* It was I think impolitic, to enter into combinations, as ſome members of adminiſtration and many opulent perſons in London have done, to eat no paſtry at all, though the motives were certainly laudable. In boiling meat, except the

Boiling meat inſtead of roaſting it, would afford a great ſaving in expence, and gaining in nouriſhment. In roaſting there is always unavoidable waſte, which there would not be in boiling, particularly in fat or bony meat, by boiling which every part becomes eatable. The liquor in which the meat is boiled, with the addition of a little oatmeal, barley, peaſe, or (which is beſt of any) rice, and a few herbs, would make excellent ſoup. A writer adds upon this ſubject, that his family made from three pounds of beef, three pints of peaſe, and a few herbs, eight quarts of rich ſoup. This, without any thing more in addition, would have ſerved this family to have dined twice. The ſame quantity of beef in ſteaks (with potatoes and bread, amounting

liquor be ſaved for broth or ſoup, a conſiderable diminution of the meat may be obſerved; and perhaps ſtill more loſs is ſuſtained by roaſting: but in the form of pies, nothing is loſt, whilſt in reality leſs flour is conſumed, as is judiciouſly obſerved above. The objection might probably be uſeful as applicable to the little paſtry of the ſhops, but by no means in families; at the ſame time the paſtry might be made of flour mixed with potatoes, rye, barley, oats, or rice; each, however, of theſe, except potatoes, is at preſent dear.

almoſt to as much as the peaſe and herbs) would have ſerved to dinner but once. Thus in the judicious uſe of ſoups, it is a very moderate calculation to ſay, that in an equal quantity of food, half the material is ſaved.

There is a cheap culinary article called a ſtew-pan, ſold in the ſhops, very convenient for preparing food, without any loſs by evaporation; it is of an oval form, like a turenne, of various ſizes, gradually widening to the top; about the centre from the bottom, there are four ſmall projections, to ſupport a lid, perforated, to admit air or moiſture to paſs through; under this lid the meat, or additional vegetables, with a little water, are put, and over the lid, a covering of potatoes boiled and maſhed are laid, and then the whole ſent to the oven; the moiſture from the meat, &c. is received by the potatoes, which by the heat of the oven is baked into a pleaſant cruſt, anſwering every purpoſe of bread to the meat. It ought to have been obſerved, that an hollow cylinder of tin ſcrews at pleaſure into the middle of the cover, to raiſe it

up, to get the meat; it has alſo a valve, at the top, to allow the exit of air. The whole apparatus fit for a ſmall family ſells for about ſix ſhillings. By this contrivance, nothing is loſt in dreſſing, all the juices and flavour of the meat are preſerved, and in towns with public ovens no encreaſe of fire is requiſite in families.

A very ſimple conſtruction of an iron oven has lately been introduced into the kitchens of ſeveral private houſes, which bakes bread, and pies, in the beſt manner, without the leaſt addition of fuel: the oven is fixed contiguous to the kitchen fire, with an iron bar, which runs about two or three inches into the kitchen-grate, and is always kept heated fit to bake bread, by the uſual quantity of fuel, by heating the iron that projects through the oven. This oven is invented and ſold by S. Holmes, Caſtle-court, Strand.

I would alſo recommend to every family, which ſeriouſly wiſhes to mitigate the diſtreſſes of

of the poor, to ſuſpend the conſumption of bread one day in the weak, except at breakfaſt, and never to be eaten till at leaſt twenty-fours after baking *, and ſubſtitute either boiled or roaſted potatoes or potatoe-bread †. If

* For young people, and indeed in general, ſome preparation of milk would be more ſalutary than tea and bread and-butter. Milk-pottage is preferable to milk alone; that is, equal quantities of milk and water, boiled up with a little oat-meal; this breaks the viſcidity of the milk, and is, perhaps, eaſier digeſted than milk alone. Oatmeal alſo affords a warmer nouriſhment than wheat-flour, and generally agrees with weak ſtomachs. Rice likewiſe with milk is a good ſubſtitute for wheaten-bread; and, by way of variety, might be taken inſtead of milk-pottage, not only at breakfaſt, but likewiſe at ſupper.

† Various other means might conduce to leſſen the price of meat, and of proviſions in general. Were each family to live one day in each week without animal food, the conſumption of it would of courſe be one-ſeventh leſs in the year, and it would become probably proportionably cheaper.

By habituating myſelf to good mealy potatoes at dinner inſtead of bread, ſince bread became ſo dear, I now prefer potatoes to any bread except potatoe-bread.

Potatoes preſent to us at once a ready prepared little loaf, and is upon the whole, perhaps, the moſt pleaſant and cheap ſub-

If every perſon will not ſubmit to this trivial ſacrifice, or others deem that a few individual

ſubſtitute for wheaten-bread, and at the ſame time the eaſieſt prepared, as before obſerved.

The art of boiling potatoes is ſo eſſential to all ranks of people, that the following directions by the Board of Agriculture, is here inſerted.

On the Boiling of Potatoes ſo as to be eat as Bread.

"There is nothing that would tend more to promote the conſumption of potatoes, than to have the proper mode of preparing them as food generally known. In London, this is little attended to; whereas in Lancaſhire and Ireland, the boiling of potatoes is brought to very great perfection indeed. When prepared in the following manner, if the quality of the root is good, they may be eat as bread, a practice not unuſual in Ireland. The potatoes ſhould be as much as poſſible of the ſame ſize, and the large and ſmall ones boiled ſeparately. They muſt be waſhed clean, and without paring or ſcraping, put in a pot with cold water, not ſufficient to cover them, as they will themſelves produce, before they boil, a conſiderable quantity of fluid. They do not admit of being put into a veſſel of boiling water, like greens. If the potatoes are tolerably large, it will be neceſſary, as ſoon as they begin to boil, to throw in ſome cold water, and occaſionally to repeat it, till the potatoes are boiled to the heart, (which will take from half an hour to an hour and a quarter, according

dual examples are inadequate to any benefit of the community at large, let ſuch remember,

according to their ſize) they will otherwiſe crack, and burſt to pieces on the outſide, whilſt the inſide will be nearly in a crude ſtate, and conſequently very unpalatable and unwholeſome. During the boiling, throwing in a little ſalt occaſionally is found a great improvement; and it is certain, that the ſlower they are cooked the better. When boiled, pour off the water, and evaporate the moiſture, by replacing the veſſel in which the potatoes were boiled once more over the fire. This makes them remarkably dry and mealy. They ſhould be brought to the table with the ſkins on, and eat with a little ſalt, as bread. Nothing but experience can ſatisfy any one, how ſuperior the potatoe is, thus prepared, if the ſort is good and mealy. Some prefer roaſting potatoes; but the mode above detailed, is at leaſt equal, if not ſuperior. Some have tried boiling potatoes in ſteam, thinking by that proceſs that they muſt imbibe leſs water. But immerſion in water cauſes the diſcharge of a certain ſubſtance which the ſteam alone is incapable of doing, and by retaining which, the flavour of the root is injured; and they afterwards become dry by being put over the fire a ſecond time without water. With a little butter, or milk, or fiſh, they make an excellent meſs."

Receipts for Baked Potatoe Puddings.

No. I.

12 ounces of potatoes, boiled, ſkinned, and maſhed;
1 ounce of ſuet;

1 ounce

ber, that of the ſmalleſt atoms, maſſes of the greateſt bulk are compoſed. And oh! thou,

1 ounce (or 1–16 of a pint) of milk, and
1 ounce of Glouceſter cheeſe,

Total 15 ounces, mixed with as much boiling water as was neceſſary to bring it to a due conſiſtence, and then baked in an earthen pan.

No. II.

12 ounces of maſhed potatoes as before;
1 ounce of milk, and
1 ounce of ſuet, with a ſufficient quantity of ſalt.—Mixed up with boiling water, and baked in a pan.

No. III.

12 ounces of maſhed potatoes:
1 ounce of ſuet;
1 ounce of red-herrings, pounded fine in a mortar.—Mixed, baked, &c. as before.

No. IV.

12 ounces of maſhed potatoes;
1 ounce of ſuet, and
1 ounce of hung beef grated fine with a grater.—Mixed and baked as before.

Theſe puddings when baked weighed from eleven to twelve ounces each. They were all liked by thoſe who taſted them, but No. I. and No. III. ſeemed to meet with the moſt general approbation.

who

who piouſly feeleſt for human miſery, if thou art not enabled to extend thy light and warmth afar off, thy little embers of charity may cheriſh and revive ſome ſtarving, palſied hand; and, if by thy ſingle ſacrifice of the conſumption of bread one day in the week, thou ſhalt be the means of keeping alive one helpleſs infant, thou only doeſt a portion of thy duties towards GOD and thy fellow-creatures.

APPENDIX.

APPENDIX.

THE ſcarcity of grain, and particularly of wheat, at the preſent time, has given riſe to the uſe of various ſubſtitutes, and to the publication of ſeveral eſſays, deſigned to prevent or leſſen the threatened ſcarcity. The ſubſtitutes moſt generally adopted, have been rice or potatoes. The former is too expenſive for the community at large; but whatever quantity of it is conſumed in the place of wheat-bread, affords a ſaving of the latter for the nouriſhment of the poor. The water in which the rice has been boiled, anſwers every purpoſe of ſtarch; and, in this point of view, is alſo a ſaving in the conſumption of wheat, by precluding the uſe of ſtarch made from it *.

* Perhaps other ſubſtitutes beſides wheat and potatoe-ſtarch, may be diſcovered, as from the horſe-cheſnut, acorn, arrow-root, of hot climates.

In

In general, however, if we except rye, oats, and barley *, which are at this time ſcarce and

* Governor Pownall has juſt publiſhed, "Conſiderations on the Scarcity and High Prices of Bread-Corn and Bread." Amongſt a variety of uſeful, political, and œconomical reflections, he obſerves, that one great evil is *the undue diviſions of the meal into flour*, by which a brown bread not ſufficient in its nature for the nouriſhment of a labouring man, or a white or wheaten bread too high for their wages to afford, are prepared. This ſeems confirmed by the following reſolution:

The Committee appointed by the Houſe of Commons to examine the ſeveral laws now in being relative to the aſſize of bread, have come to the following reſolutions:

October, 1795.

"That it is the opinion of this Committee, that if the Magiſtrates were by law permitted (when and where they ſhall think fit to ſet an aſſize of bread) to introduce again, under certain regulations and reſtrictions, the old ſtandard bread made of flour, which is the whole produce of the wheat, the ſaid flour weighing, on an average, three-fourths of the weight whereof it is made, it would tend to prevent many inconveniencies which have ariſen in the aſſize and making of bread for ſale."

"That it is the opinion of this Committee, that the columns calculated for the wheaten-bread, in the now repealed tables of the Act of the 8th of Queen Anne, intituled, "An

and dear, the potatoe affords the moſt pleaſant and cheap ſubſtitute hitherto made uſe of in

"An Act to regulate the Price and Aſſize of Bread," would be the proper aſſize for ſaid ſtandard wheaten-bread: and that the twelve-penny loaf of this ſtandard wheaten-bread, containing the whole flour of the wheat (the ſaid flour weighing, on an average, three-fourths of the weight of the ſaid wheat) would, upon a medium, contain one pound of bread in weight more than the twelve-penny loaf of the preſent wheaten-bread, made under the Act of the 31ſt of George II."

On the 12th of December,

Mr. Ryder brought up the Report of the Select Committee appointed to take into conſideration the preſent high price of corn, and moved—that the Houſe do agree to the following reſolution:

"To reduce the conſumption of wheat in the families of the perſons ſubſcribing ſuch engagement, by at leaſt one third of the uſual quantity conſumed in ordinary times.

"In order to effect this purpoſe, either to limit to that extent the quantity of fine wheaten-bread conſumed by each individual in ſuch families;

"Or, to conſume only mixed bread, of which not more than two thirds ſhall be made of wheat;

"Or, only a proportional quantity of mixed bread, of which not more than two-thirds is made of wheat;

"Or

in this country. In favour of its wholeſomeneſs, much has been publiſhed in Shakſpeare *, Forſter †, Gerard ‡, the Philoſophical Tranſactions, and in numerous diſtinct eſſays; of the latter, Parmentier's is perhaps the moſt intereſting, which gained the prize propoſed by the Academy of Beſançon, in 1777, and appeared, in 1780, conſiderably enlarged and improved, under the title of

"Or a proportional quantity of bread made of wheat alone, from which no more than five pounds of bran is excluded.

"If it ſhould be neceſſary, in order to effect the purpoſe of this engagement, to prohibit the uſe of wheaten-flour in paſtry, and to diminiſh, as much as poſſible, the uſe thereof in other articles than bread."

Here the ſame miſtake reſpecting pies is continued; however, potatoes afford an excellent cruſt or covering to pies, ſee p. 53.

* Merry Wives of Windſor, 4to. 1619, ſcene iii. Falſtaff.

† England's happineſs increaſed by a plantation of potatoes, 4to 1664.

‡ Herbal, Ed. 1636, p. 780.

" Recherches ſur les vegetaux nouriſſants qui dans le temps de diſette," &c. This was tranſlated by a reſpectable phyſician in London, and printed for Murray, in Fleet-ſtreet, in the year 1783. Parmentier quotes a variety of authors, and gives, from his own experience, many examples to prove, that the potatoe is a wholeſome nutritive root; but if univerſal experience in this country did not ſuperſede all philoſophical deductions, the ſtrong and prolific race of a ſiſter kingdom, whoſe poor are chiefly fed by it, and where giants are almoſt excluſively national, would afford irrefragable proofs of the nutritive quality of this root. We have read of Poliſh dwarfs and Engliſh dwarfs, but I am unacquainted with any importation of them from Ireland.

Parmentier, after chemically analyzing this vegetable, and explaining its different conſtituent parts, deſcribes the proceſs of making ſtarch, ſalep, and ſago, from it, the laſt of which is better known here by the name of ſago-powder. I ſhall, however, only quote from him his proceſs for making bread, and likewiſe

likewiſe leaven when yeaſt cannot be procured.

I. POTATOE BREAD.

"Take any quantity of potatoes, well cruſhed and bruiſed, mix them with the leaven prepared the evening before in the uſual way, with the whole of the flour deſigned for making the dough, ſo that one half may conſiſt of pulp of potatoes and half of flour; knead the whole with the neceſſary quantity of warm water. When the dough is ſufficiently prepared, put it into the oven, taking care not to heat it ſo much as uſual, nor to ſhut it up ſo ſoon, and to leave it longer in: without this eſſential precaution, the cruſt of the bread would be hard and ſhort, while the inſide would have too much moiſture, and not be ſoaked enough.

"Whenever it is propoſed to mix potatoes with the dough of different grain, either to ſave a part, or to improve the bread, theſe roots ſhould be reduced into the form of a

glutinous paſte; becauſe, in this ſtate, they give tenacity to the flour of ſmall grain, which are always deficient in this reſpect *."

II. LEAVEN of POTATOES.

"Mix half a pound of pulp of potatoes with an equal quantity of the ſtarch of this root, and four ounces of boiling water; ſet the mixture in a warm place: in forty-eight hours a ſlight vinous ſmell ſhould be exhaled from it; and now a freſh portion of ſtarch, pulp, and water, ſhould be added, and the maſs again expoſed to the ſame temperature for the ſame ſpace of time: this operation ſhould yet be repeated a third time. The paſte thus gradually turned four may be conſidered as a firſt leaven.

"In the evening dilute this firſt leaven with warm water, mix equal quantities of ſtarch and pulp, in the proportion of one

* A ſmall addition of ground rice, gives tenacity to potatoe-bread, and makes it eat ſhorter.

half

half of the dough; ſo that for every twenty pounds of dough, ten of leaven muſt be prepared. When the mixture is exactly made, put it in a baſket, or leave it in the kneading tub all night, taking care to cover it well, and to keep it warm till morning.

"The tedious and troubleſome preparation of the firſt leaven will be avoided after the firſt baking, becauſe a piece of the dough may be ſet aſide and kept."

OF the late publications, one has appeared, by Dr. Pearſon, who was requeſted, by the Board of Agriculture, to inquire into the compoſition, or parts, of which the potatoe root conſiſts; and particularly to aſcertain the proportion and nature of the watery part. He concludes, with Parmentier, with recommending it as highly nutritious, and, like him, as capable of making ſago, ſalep, &c. But,

contrary to the declaration of Parmentier, he ſays, "The art of fermenting potatoe-meal into bread, in place of wheat, has not yet been diſcovered." Parmentier, however, aſſerts, in chapter 4th, "That from various and repeated trials, the potatoe, which hitherto, (anno 1777) hath not been converted into a well-raiſed bread, without the mixture of at leaſt an equal quantity of ſome flour, may be made to aſſume that form, without any foreign aſſiſtance."

In the Appendix to "The Report of the Committee of the Board of Agriculture, concerning the culture and uſe of Potatoes," Dr. Barrow obſerves,

"That 100 parts of potatoe-root, deprived of its ſkin or bran, conſiſt of

1. Water,	———	68 to 72
2. Mial,	———	32 to 28

"The mial conſiſts of three different ſubſtances,

1. Starch

1. Starch or fecula,	17	15
2. Leafy or fibrous matter,	9	8
3. Extract or ſoluble mucilage,	6	5
	32	28

He is of opinion, that ninety-eight or ninety-nine parts out of a hundred of the meal of the potatoe, are convertible into animal matter; and, that there is no juſt ground for ſuppoſing, that the meal of wheat affords much more nouriſhment than an equal quantity of potatoe meal.

Dirom, in his enquiry into the corn laws, makes the following compariſon of the quantity of human ſuſtenance that can be afforded by the produce of an acre of good land, under the following crops:

	No. of meals,
Paſture graſs,	227
Potatoes,	16,875
Turnips,	463
Barley,	2,196

Peaſe and beans,	1,280
Wheat, ———	2,745
Oats, ——— ———	3,421

THE preſent ſcarcity has not only excited the moſt generous ſubſcriptions for the relief of the poor, among all the higher ranks of the community, but likewiſe propoſals for affording them cheap and nutritious food in all times of diſtreſs. The following receipts I have collected, to ſuit the convenience of thoſe who wiſh to avail themſelves of ſuch nutritious compoſitions.

A CHEAP FOOD,

Without bread or beer, and with very little meat; and as healthy as can be obtained from wheat or barley, however prepared, and cheaper, even when corn is at the loweſt price.

RECEIPT

Receipt I.

Take half a pound of beef, mutton, or pork; cut it into ſmall pieces; half a pint of peaſe, three ſliced turnips, and three potatoes cut very ſmall; an onion or two, or a few leeks; put to them three quarts and one pint of water. Let the whole boil gently on a ſlow fire about two hours and a half, then thicken it with a quarter of a pound of ground rice, and half a quarter of a pound of oatmeal (or a quarter of a pound of oatmeal and no rice). Boil it for a quarter of an hour after the thickening is put in, ſtirring it all the time; then ſeaſon it with ſalt, pepper, or pounded ginger, to the taſte.

If turnips or potatoes are not to be had, carrots, parſnips, or Jeruſalem artichokes, or any garden-ſtuff, will do. This well boiled is not unpleaſant, and is very nouriſhing. As a pint only will be waſted in the boiling, it will be a meal for three or four perſons, without bread or drink; and it will not coſt above four-pence.

Receipt II.

Take two pounds of beef, mutton, or pork out of the tub (or of hung-beef refreſhed in water), cut into very ſmall bits, and put it into a pot with ſix quarts of water, letting it boil on a ſlow fire near three hours (or ſtew it till it is tender). Then put to it a quarter of a pound of carrots or parſnips, with half a pound of turnips, all ſliced ſmall, and ſometimes inſtead of theſe, a few potatoes ſliced (or Jeruſalem artichokes); then ſome greens may be added, according to diſcretion, ſuch as cabbage, celery, ſpinage, parſley, likewiſe two ounces of onions or leeks (which may be omitted if diſliked); the whole thickened with about a pint of oatmeal (or a quart, if intended to be very thick); theſe muſt be well boiled together, and ſeaſoned with pepper, or pounded ginger, and ſalt. It is a wholeſome and well-reliſhed food, and will ſupport, for a day, a family of ſix, without bread or drink.

Any

Any kind of meal, or French barley waſhed, or garden broad beans, will make a good ſhift. Pounded rice, or ſplit peas, will thicken better and cheaper than oatmeal, as leſs rice will ſerve.

Receipt III.

Take four pounds of beef (onions, if agreeable, three-quarters of a pound) turnips two pounds, rice one pound and a half, parſley, thyme, and ſavory, of each a large handful, pepper and ſalt in a fit proportion, water ſeventeen quarts. Let the beef be cut into ſlices, and after it has boiled for ſome time, let it be minced ſmall. The turnips (and onions infuſed) and ſweet herbs may be minced before they are put into the pot. Let the whole boil together gently about three hours, on a ſlow fire.

Scarce two quarts will be waſted in the boiling; and the reſt will ſerve about eighteen perſons for one meal, without bread or drink.

Where

Where fire is ſcarce, the ſeveral particulars in theſe three receipts being put into a large pot, may be ſtewed together all night in an oven; and the next day may be boiled for a quarter of an hour, with an addition of ſome oatmeal, potatoes, or Jeruſalem artichokes or turnips.

Or take a ſhank of beef, ſix quarts of water, a pint of ſplit peas (or a quart of blue peas) one leek, four or five ſliced turnips; bake them all in a large earthen pot.

To make POTATOE BREAD.

Put potatoes in a net into a ſkillet with cold water. Hang it at a diſtance over the fire, ſo that they may not boil until they become ſoft; then ſkin and maſh them, and mix them with their weight of flour, of yeaſt and ſalt a ſufficient quantity, and a little warm water. Knead it up as other dough. Lay it a little while before the fire to riſe, then bake it in a very hot oven *. Flour of rice, or

* M. Parmentier recommends that the oven ſhould be leſs heated than uſual.

barley-

barley-meal, may be uſed inſtead of wheat-flour. A few caraways or anniſeeds may be added occaſionally.

To make BEER.

To eight quarts of boiling water put a pound of treacle, a quarter of an ounce of ginger, and two bay leaves. Let theſe boil for a quarter of an hour, then cool and work it with yeaſt in the ſame manner as other beer.

Or thus.

Take one buſhel of malt, with as much water and hops as if two buſhels of malt were allowed; put ſeven pounds of the coarſeſt brown ſugar into the wort while boiling.

This is very pleaſant, is as ſtrong, and will keep as long without being ſour or flat, as if two buſhels of malt had been put in.

To

To make YEAST.

Thicken two quarts of water with four ounces of fine flour; boil it for half an hour; then ſweeten it with three ounces of brown ſugar, not the browneſt. When almoſt cold, pour it upon four ſpoonfuls of yeaſt into an earthen jar, deep enough for the yeaſt to riſe: ſhake it well together, and place it for a day near a fire; then pour off the thin liquor at top; ſhake the remainder, and cloſe it up for uſe.

It is proper to ſtrain it through a ſieve. To preſerve it, ſet it in a cool cellar, or hang it ſome depth in a well. Keep always ſome of this, enough to make the next quantity that is wanted. As it is not quite ſo ſtrong as yeaſt from ale uſually is, put ſomewhat more than four ſpoonfuls of this, for making new yeaſt.

In a uſeful little pamphlet, intituled, "Hints for the Relief of the Poor," juſt publiſhed, there

there are ſeveral receipts for making cheap ſoups or pottages. The inſertion of which in this place, may be uſeful to ſuch as read theſe Hints with a view to ſerve the community.

The firſt and ſecond receipts are communicated by lieutenant colonel Paynter, dated Portſmouth, October 19, 1795. The ſubſequent ones are by Dr. James Johnſton, of the Royal Hoſpital, Haſlar; dated Portſea, October 19th and 24th, 1795, addreſſed to admiral Waldegrave: and Dr. Johnſton's teſtimony in favour of their ſalubrity and great nutritious quality, is a ſufficient recommendation. Theſe appear to have been ſuggeſted by the humane Admiral *, for Dr. Johnſton's trial and opinion.

FIRST

* He informs me, that he has found pompions a very cheap product, as they will grow on any dunghill, or indeed on the coarſeſt land. Dr. Waterhouſe, of Cambridge, Maſſachuſets, ſpeaks of the pompion common with the inhabitants, in the moſt favourable recommendation, under the name of the winter, or long-necked ſquaſh. "They weigh," he obſerves, "from ten to fifteen pounds, are eaſier raiſed than the

FIRST TRIAL.

TO MAKE A GOOD AND CHEAP POTTAGE.

Take three pounds of the ſtickings of beef, or part of the ſhin, or any of the coarſe or cheap parts; put theſe into eleven quarts of water; after boiling two hours, add one pound of Scotch barley, and let it boil four hours more; during this time ſix pounds of potatoes are to be added, half a pound of onions or leeks, and of parſley, thyme, or ſavory, a due proportion. Seaſon the whole with pepper and ſalt. Any additional vegetables may be added, and half a pound of bacon cut

the potatoe, and which are, I think, preferable for making bread. I here ſend you ſome of the ſeed, which ſhould be ſown in April, and gathered in October, when the ſtalk or vine begins to wither. The ſquaſh ſhould be boiled for about half an hour, and then maſhed up with the flour or dough, juſt as Dr. Fothergill directed to be done with potatoes. We make bread-puddings, and moſt excellent pan-cakes, by mixing certain proportions of this vegetable, previouſly boiled with flour. We moſt commonly eat them ſtewed, the ſkin being firſt taken off, and the entrails taken out. It is almoſt a ſtanding diſh at our tables, even among the moſt opulent."

into ſmall bits, if you wiſh to make it more ſavory; this will produce full three gallons of pottage, which will require no bread.

In London, or large towns, bones may be procured from the butchers, which will anſwer the purpoſe as well, and come much cheaper.

N. B. In ſummer, turnips and carrots may ſupply the place of barley, but it muſt be made thick. Meat of the above deſcription coſts 3d. per pound *. Your pot muſt boil over a ſlow fire.

The whole coſt three ſhillings and fourpence, and ſatisfied twenty men, without bread, the nature of the food not requiring any. Colonel Paynter adds, that the men in the barracks liked it very much, and that the officers alſo had it in their meſs, and found it excellent.

* Unfortunately not any ſort of meat can *now* be purchaſed for twice 3d. per pound.

SECOND TRIAL.

ANOTHER VERY CHEAP AND GOOD DISH.

After boiling one pound of Scotch barley, let it ſtand to cool in an earthen pan, all the water being carefully drained from it; boil one pound of bacon in two quarts of water; a few minutes before you take it off the fire, put in your barley, and it will fall to pieces immediately, and very ſoon nearly ſuck up all the juices of the bacon; you will then only have to pour off the remaining water; a few onions or leeks ſhould be boiled with the bacon and pot-herbs, if you have them. Seaſon with pepper and ſalt.

Note. When you make a very thick meſs with potatoes, and mean to eat the broth, it is better, if you can, to parboil and peel them before you put them into your broth-kettle.

The common price of Scotch barley varies from 17s. to 1l. 1s. per hundred weight.

The

The retail price is in general about 3d. per pound.

One pound of Scotch barley boiled four hours, and put into a pan to cool, becomes a ſort of jelly, which will inſtantly fall to pieces on being put into boiling water. When it is in its congealed ſtate, it will weigh four pounds. This is a moſt excellent nouriſhing food, either to make pottage, or mixed with ſugar, for young children.

THIRD TRIAL.

	s.	d.
Gravy beef 1lb.	0	3½
Scotch barley one third of a pound	0	1
Potatoes 5lb.	0	1
Onions, one third of a pound	0	0½
Pepper and ſalt	0	0½
Bacon 3 oz.	0	2½
Produce four quarts	0	9

Dr. Johnſton conceives, that this quantity would make a dinner and ſupper for three working men, without bread or any drink whatever, more ſalutary and nutritive than the uſual food of the laborious claſs of the community, which in general conſiſts of fat bacon and cabbage; with this they eat bread, and muſt have beer to drink: and if a labouring man is ſuppoſed to eat a pound of bacon, at 9d. per pound, for his dinner and ſupper, that article alone is equal to what might ſupport three, independent of bread and beer.

FOURTH TRIAL.

	s.	d.
Sheep's head	0	5
Barley, ½ lb.	0	1½
Potatoes, 3 lb.	0	1½
Onions, ½ lb.	0	0½
Pepper and ſalt	0	0½
carried over	0	9

	s.	d.
brought over	0	9
Cabbage, turnips, and carrots	0	1
Water, eleven pints ——	0	0
Produce ſix quarts	0	10

This was ſuperior to the other in richneſs of flavour and taſte, owing to the bones in the head, which were broken to pieces previouſly to their being put into the ſtew-pan: this meſs would make a moſt comfortable dinner for four men.

FIFTH TRIAL.

	s.	d.
Bacon, $\frac{1}{2}$ lb. —— ——	0	$4\frac{1}{2}$
Barley, $\frac{1}{2}$ lb. —— ——	0	$1\frac{1}{2}$
Onions, pepper and ſalt ——	0	1
Produce 2 lb. 8 oz.	0	7

This coſt 7d. and would dine three men without bread; but it appears that ſomething to drink would be neceſſary with it.

SIXTH TRIAL.

Made with neck beef, ſimilar to the firſt experiment.

SEVENTH TRIAL.

	s.	d.
Ox cheek	0	10
Barley 1 lb.	0	3
Potatoes 6 lb.	0	3
Pepper and ſalt	0	1
Onions 1 lb.	0	1
Cabbage, turnips, and carrots	0	2
Water, 22 pints	0	0
Produce three gallons	1	8

This

This being made without bacon coſt 20 d. and produced three gallons of moſt excellent pottage, ſufficient for eight men, of the moſt laborious employment, for dinner and ſupper. This yielded rich and better pottage than any of the others; and ox-cheek ſeems to have the preference to any of the coarſe pieces of beef.

The above receipts were made in a very cloſe ſtew-pan, that emitted ſcarcely any evaporation; which is a material circumſtance.

Dr. Johnſton remarks, that pottage prepared as above is wholeſome and nutritive, and is ſo ſelf-evident, as cannot fail to carry conviction to every unprejudiced mind, and more conducive to health, than the coſtly diſhes of the moſt luxurious tables; but that he does not recommend this diet to be daily uſed without any change, though he concludes, that every poor family may uſe it three or four times a week, without being cloyed with a fameneſs.

EIGHTH TRIAL.

	s.	d.
Shin of beef coſt —— ——	1	0
Barley, 1 lb. —— ——	0	3
Onions, 1 lb. —— ——	0	1
Potatoes, 6 lb. —— ——	0	3
Cabbage, carrots, and turnips	0	1½
Salt and pepper ——	0	1
Water, 11 quarts ——	0	0
Produce 3 gallons	1	9½

Dinner for ſeven men at 3d. each.

NINTH TRIAL.

	s.	d.
Quarter of an ox-head ——	0	6
*Barley, ½ lb. ——	0	1½
carried over	0	7½

* Count Rumford, in his management of the poor at Munich, adviſes barley-meal; and likewiſe preparations of Indian corn.

	s.	d.
brought over	0	7½
Onions, ½ lb. —— ——	0	0½
Potatoes, 3 lb. —— ——	0	1½
Cabbage, carrots, and turnips	0	1
Salt and pepper —— ——	0	0½
Water, 5½ quarts ——	0	0
Produce, 6 quarts of a rich and high-flavoured pottage	0	11

In the two laſt trials, Dr. Johnſton omitted the bacon, both on account of its being an expenſive ingredient, and from its flavour being in ſome of the others too predominant. On the whole of the trials, which he made with the utmoſt care and attention, he gives it as his opinion, that ox-cheek or ſhin of beef claim the preference to any coarſe pieces without bones, which he is convinced add much to the richneſs and grateful taſte of the pottage.

As

As the following table may be of uſe in aſcertaining, by experiment, the beſt mode of variouſly combining wheaten-flour with other ſubſtances, and of knowing the loſs of weight ſuſtained by baking, I have inſerted it in this place.

An

Victualling Office, Dec. 8, 1715.

An ACCOUNT, ſhewing the produce of ſeven pounds (being the ſtipulated quantity allowed for two quartern loaves) of ſundry mixtures of Grain, and of Grain and Potatoes, directed to be baked into bread:—Shewing the weight of dough made therefrom, the quantity required for making two quartern loaves, according to the uſual cuſtom of the town Bakers, being 9lb. 10oz. or 4lb. 13oz. each;—the weight it turned out over or ſhort thereof, and the weight of the bread when taken out of the oven, and when cold. Prepared in purſuance of a Letter from the Hon. DUDLEY RYDER, Chairman of the Corn Committee of the Hon. Houſe of Commons, dated the 28th November laſt.

	DESCRIPTION of BREAD.	FLOUR.	DOUGH.						BREAD.			
		Weight allowed for making two quartern loaves, at 3lb 8 oz. each.	Weight after being properly mixed with yeaſt, ſalt, and water.		Over or ſhort of the weight allowed.				Weight when taken out of the oven.		Weight when cold.	
					Over.		Short.					
		lb.	lb.	oz.	lb.	oz.	lb.	oz.	lb.	oz.	lb.	oz
No. 1	2-3ds Wheat, 1-3d Indian Corn — —	7	11	9	1	15	—	—	8	10	8	7
2	2-3ds ditto, 1-3d Barley — —	7	10	14	1	4	—	—	8	7	8	3½
3	2-3ds ditto, 1-3d Oatmeal — —	7	10	8	—	14	—	—	8	9	8	4½
4	2-3ds ditto, 1-3d Rye — —	7	10	15	1	5	—	—	8	9	8	5⅓
5	2-3ds ditto, 1-3d Potatoes — —	7	8	15	—	1	—	11	8	1½	7	12½
6	3-5ths ditto, 1-5th Indian Corn, and 1-5th Potatoes	7	9	12	—	2	—	—	8	11⅜	8	7
7	3-5ths ditto, 1-5th Barley, and 1-5th Potatoes	7	9	6	—	—	—	4	9	3½	8	14⅝
8	3-5ths ditto, 1-5th Oatmeal, and 1-5th Potatoes	7	9	10	—	—	—	—	8	12	8	7½
9	3-5ths ditto, 1-5th Rye, and 1-5th Potatoes —	7	9	5	—	—	—	4	8	14	8	9⅜
10	3-5ths ditto, 1-5th Indian Corn, and 1-5th Barley	7	11	3	1	2	—	—	9	1½	8	13½
11	3-5ths ditto, 2-5ths Potatoes —	7	8	10	—	—	1	—	7	11	7	9

WHEN the importance of the morals of the community, with its influence on individual, as well as general happineſs, is duly conſidered, one cannot but contemplate a public character, who, with unceaſing exertion, endeavours to promote every virtuous and charitable ſentiment, with gratitude and reverence. A magiſtrate clothed with power to enforce obedience, but poſſeſſing benevolence more coercive than power; who views with vigilance, to arreſt its progreſs, every ſpecies of vice, and commiſerates, as a man humanized by Chriſtian amities, every deviation from rectitude, and reforms while he pities, is a Being clothed with robes of divinity. In this point of view I introduce my friend PATRICK COLQUHOUN, Eſq. whoſe exertions point to every direction, where morals require correction, or poverty and diſtreſs the aid of active benevolence.

R. Colquhoun L.L.D.

As an indefatigable magiſtrate, and as a polite writer in general, Mr. Colquhoun is well known throughout Europe. I introduce him in this place, as the founder and promoter of various inſtitutions for ſupplying the poor in diſtreſs with cheap and nutritious articles of food, to an extent truly aſtoniſhing, and without which, famine muſt have been ſuperadded to poverty, as muſt appear probable from the peruſal of the Report of the Committee, which will be introduced in the ſequel. The enumeration alone of my friend's publications, muſt evince the activity of his benevolence, with which his time and fortune have ever kept pace. May the reader who views the annexed ſilhouette endeavour to emulate the virtues of the original: he will then not only diffuſe happineſs among the community, particularly of the lower claſſes, but enſure the ſupreme enjoyment of it in his individual capacity.

Liſt of Papers on the Subject of the Poor of the Metropolis, of which Mr. COLQUHOUN *is the Author.*

1795, July. Suggeſtions favourable to the labouring public. Diſtributed by Government throughout the kingdom at the commencement of the ſcarcity of 1795.

1797. January. An Account of a Meat and Soup Charity. Being the firſt experiment.

1799, Jan. 8. General Report of the Committee at Lloyd's Coffee-houſe.

Do. February. Friendly Advice to the Labouring People.

Do. December 6. General Report and Addreſs of the Committee at Lloyd's Coffee-houſe.

1800, March 19. General Report and Addreſs of the Committee at Lloyd's Coffee-houſe.

Do. De-

Do. December 23. General Report and Addreſs of the Committee at Lloyd's Coffee-houſe.

Suggeſtions drawn up by Mr. Colquhoun at the deſire of the Lords of the Council, and diſtributed in December 1799, and January 1800, in every part of Great Britain, with a view to the encouragement of Soup Eſtabliſhments.

The State of Indigence in the Metropolis explained, with Propoſitions for a Pauper Police, firſt circulated in November, 1799.

Mr. Colquhoun's great work, "A Treatiſe on the Police of the Metropolis," which has already gone through no leſs than ſix large editions, may here alſo not improperly be noticed. Though it does not immediately go to the relief of the labouring poor, yet the reformation of the *wicked* POOR is its main object.

SUGGESTIONS;

SUGGESTIONS;

Offered to the Conſideration of the Public, and in particular to the more opulent Claſſes of the Community, for the Purpoſe of reducing the Conſumption of Bread Corn; and relieving at the ſame Time the labouring People, by the Subſtitution of other cheap, wholeſome, and nouriſhing Food; and eſpecially by means of Soup Eſtabliſhments, &c.

AT the preſent intereſting criſis, when the high price of bread occaſions a peculiar preſſure upon the labouring people, every expedient which can in any degree tend to diminiſh this preſſure, becomes an important conſideration.

Whatever

Whatever therefore can be deviſed, or whatever has been already ſucceſsfully carried into execution, for the purpoſe of diminiſhing the conſumption of bread corn, ought to be as fully and correctly ſtated, and as generally diſſeminated, as poſſible.

With this particular view, the following ſuggeſtions are offered to the conſideration of the opulent and well-diſpoſed part of the public, as a means of alleviating the diſtreſſes of the poor at this inclement ſeaſon.

Among the various expedients which experience has ſhewn to be beſt adapted to afford ſubſtantial relief, none ſeem to deſerve ſo much attention as Soup Eſtabliſhments. Theſe excellent inſtitutions, which have exiſted in the metropolis for more than two years, have inconteſtibly proved how much can be attained in economizing the food of man, by the preparation of meat and vegetables upon a large ſcale, in all inſtances where a deſign of this nature is properly methodized,

thodized, and conducted with attention and regularity.

In the courſe of the two laſt ſeaſons, namely, the winter and ſpring of 1798, and of 1799, although no particular preſſure then exiſted, no leſs than 1,232,254 meals, or Wincheſter pints of ſoup, were delivered to the poor at the ſoup-houſes ſituated in Spitalfields, Clerkenwell, Southwark, and Weſtminſter; and for which they paid an aggregate ſum amounting to 2567l. 4s. 9d. * being at the rate of one halfpenny a meal, which is as near as poſſible the half of the firſt coſt, including the contingent and incidental expences, as will be ſhewn in the ſequel.

The unparalleled ſucceſs of theſe uſeful eſtabliſhments, thus clearly manifeſted by attaching the lower claſſes of the people to a cheap, ſubſtantial, and wholeſome food, is none of the leaſt of the advantages which

* This money, by being inveſted in ſoup, was again returned to the poor; and the deliveries thereby extended to double the quantity which could otherwiſe have been iſſued.

have

have reſulted from this frugal and beneficial mode of relieving the poor. The numerous applications of the labouring poor, particularly at Spitalfields, has not only occaſioned an increaſe of boilers of very large dimenſions at moſt of the old eſtabliſhments, but has alſo excited a general diſpoſition, among the benevolent and humane, to erect new ſoup-houſes in every part of the metropolis, and alſo in the villages in the neighbourhood; and it is not doubted, when the whole of the propoſed new inſtitutions are ſufficiently prepared to iſſue ſoup, that above 60,000 meals, or Wincheſter pints, will be delivered daily to the poor at half-price *.

A relief ſo ſalutary and extenſive, and afforded (in proportion to the number of perſons who will be thus fed) at ſo very inconſiderable an expence, cannot be too highly eſtimated; ſince it is evident, that through

* It is calculated, that, in the courſe of the preſent winter and ſpring, the poor in the metropolis will be furniſhed with upwards of *Five Millions of Meals*, through the medium of the different ſoup-houſes already eſtabliſhed and in progreſs.

this medium the means are at length diſcovered of effectually aſſiſting the poor in ſevere ſeaſons, when the neceſſaries of life are high, in a manner by which the benevolence of the opulent and humane, embraces a wider field, and extends infinitely beyond what the moſt ſanguine mind could have conceived to be poſſible: *ſince a ſingle guinea ſubſcribed actually affords a hearty meal to* 504 *perſons!* and that too of food, which, from its nouriſhing quality, ſtrength, and conſiſtence, cannot be conſidered as an improper ſubſtitute for bread, the conſumption of which muſt unqueſtionably be diminiſhed, wherever this aliment forms a part of the food of a labouring man's family.

Where this has already been the caſe, ſome of the individuals, benefited by the inſtitution, have acknowledged an actual ſaving of 3s. 6d. to 5s. a week, a ſufficient ſum in itſelf to provide for the unavoidable wants of the poor, ariſing from the advanced price of bread, and other neceſſaries of life.

The

The advantages reſulting from the Soup-houſes in the metropolis being thus explained, it may be neceſſary to ſtate, that their ſucceſs is alone to be attributed to the unwearied gratuitous attention of their conductors, who, in ſyſtematizing theſe deſigns, and extending their benefits in a manner not only to feed, but alſo to improve the habits, and in ſome degree the morals, of ſo great a portion of the labouring people, have felt themſelves amply rewarded and gratified by the thankfulneſs univerſally expreſſed for the boon.

With a view to extend the ſame benefits to every part of Great Britain and Ireland, by enabling the benevolent and humane, in the various towns and villages in theſe kingdoms, to avail themſelves of the information, which practical experience has ſuggeſted for economizing human ſubſiſtence, the following details are offered to the conſideration of the public.

Meaſures to be purſued reſpecting the firſt Eſtabliſhment of a Soup Inſtitution.

WHEN a Soup-houſe is in contemplation in any particular diſtrict of the metropolis, it has been the uſual cuſtom for a few of the moſt reſpectable inhabitants to invite, (by means of *a ſhort addreſs, explanatory of the deſign,)* a general meeting of all the reputable houſekeepers, and others, without any regard to the pariſhes *, on a certain day, when the buſineſs is explained.—A ſubſcription opened.—A Committee of Management, choſen from thoſe whoſe benevolence induces them to offer their ſervices; and a few general reſolutions paſſed, veſting in this Committee the ſole power of management, and

* Diſtricts or neighbourhoods have been found infinitely preferable to pariſhes. Under ſuch circumſtances a wider field of benevolence is not only embraced, but a kind of reſponſible management is ſecured equal to the object, which ſeldom attaches to pariſhes taken ſingly.

of

of calling general meetings, as often as they ſhall judge expedient, for the purpoſe of reporting their proceedings, and receiving ſuch further powers or recommendations as ſhall appear to be proper.

A treaſurer and ſecretary are uſually choſen at the general meetings. The whole proceedings are all regularly entered in a book provided for the purpoſe.

The number of annual ſubſcribers * to the different Soup-houſes may average from 400 to 500 to each.—Every ſubſcriber of half a guinea, or upwards, receives ſix blank tickets, before the ſeaſon commences for the delivery of the ſoup, to be diſpoſed of (after being properly filled up and ſigned) to ſuch diſtreſſed families as are known, or recommended, as proper objects.—And where members of the ſociety are not in a ſituation to know

* Many benevolent individuals are ſubſcribers to ſeveral different ſoup-houſes. True benevolence knows nothing of local diſtinctions. The poor are every where.

thoſe who are deſerving of aſſiſtance, they are requeſted to return their printed recommendations to the ſecretary, that the Committee may have it in their power to diſpoſe of them, in a manner calculated to render the relief as extenſive as poſſible.

It has been uſual to inveſt the Committee of Management with power to fill up vacancies, which is generally done by ballot.

Form of the Recommendations ſent to Subſcribers.

" I recommend living at
" No. in ſtreet, having
" in family, to receive quarts
" of good meat-ſoup, on paying one
" penny per quart. London, 1 Jan.
" 1801.

" To the viſitors, at the Soup-houſe,
" in ſtreet.

" N. B.

" N. B. It is underſtood, that no more,
" in any caſe, than four quarts are
" to be allowed to any family, to
" be received daily. The uſual
" rule is to allow one quart to each
" adult, and a pint to each child in
" the family.

" This recommendation to be preſented
" at the Soup-houſe, between the
" hours of eleven and one o'clock."

Information reſpecting the Committee of Management.

THE management of a Soup Eſtabliſhment, on a large ſcale, can ſeldom be conducted with that degree of accuracy which is neceſſary to inſure ſucceſs, or with eaſe and convenience to the individuals who pledge themſelves to a due efficient execution, if the

the Committee conſiſt of leſs than 48 members *.

At the commencement, a few are ſelected, *pro tempore*, as a building and repairing Committee; and twelve members, who reſide neareſt the Soup-houſe, in the laſt formed eſtabliſhments, have taken upon them the charge of purchaſing the meat, and other ingredients, and are uſually ſtyled the Proviſion Committee.

Their peculiar functions conſiſt in making contracts at the cheapeſt rate, for ready money, and in attending the Soup-houſe *two* and *two*, in rotation, every evening at ſix o'clock, to ſuperintend the weighing of the meat received from the butcher; to ſee the ſame cut up, and alſo the bones ſplit *longitudinally*, and afterwards to apportion the proper quantities to each boiler, together with the other ingredients as hereafter ex-

* N. B. This of courſe muſt depend on local circumſtances, by which alone the number that is to compoſe the committee can be regulated.

plained,

plained, according to a ſcale applicable to each, which is hung up for inſpection in the public kitchen.

When this duty is executed, the exact quantity of each ingredient is inſerted in the viſiting book, and ſigned by the two members who attend in rotation, *one evening in each week*; and on this account, theſe twelve members are excuſed from what is called the morning duty, which is performed in rotation by three members of the remaining thirty-ſix, who ſuperintend the delivery of the ſoup to the applicants, who have received recommendations from the ſubſcribers. One of the morning viſitors receives theſe recommendations, and fills up a numerical ticket, in which is inſerted the number of quarts of ſoup allotted to the individual, or family, generally at the rate of a quart to adults, and a pint to each child, provided the whole does not exceed four quarts. This ticket is afterwards produced as often as applications are made for ſoup. A correſponding number is put on the recommendations, which are afterwards

wards filed alphabetically in hundreds. Another of the morning viſitors receives the money, at the rate of one penny per quart, from each applicant, on producing the ticket ſhewing the quantity he or ſhe is entitled to receive. Such bad half-pence as are produced are immediately returned, and only a diminiſhed quantity of ſoup allowed in proportion to the good money which is received. The quantity being thus aſcertained, a ſquare paſteboard ticket thus [1] [2] [3] [4] according to the number of quarts paid for, is delivered along with the permanent ticket, which is (of courſe) returned to the applicant, who moves forward to the apartment where the ſoup is delivered. The tranſit ticket is given to the houſekeeper, or cook, who immediately fills into the veſſel brought for the purpoſe the number of quarts, according to the figure upon it, and then the applicant proceeds home by another door *.

The third morning viſitor fills up the number of quarts of ſoup delivered in a numeri-

* See the annexed plan of the Soup-houſe.

cal

cal book *, oppoſite to the number of the ticket, which is repeated or called out by the caſhier for the day. This ingenious contrivance not only checks every inaccuracy with reſpect to the money received, but enables the viſitors at once to diſcover thoſe who apply twice in one day with the ſame ticket.

As ſoon as the delivery of the ſoup for the day is completed, the viſitors check the money by the number of quarts of ſoup which appear from the numerical book to have been ſold. The amount thereof, together with the quantity of ſoup delivered, are inſerted in the viſitors' book †, and ſigned by the three members in attendance, who afterwards ſeal up the money in a bag, incloſing therein a note of the amount, which is immediately conveyed to the ſecretary, who, after converting the copper into ſpecie or bank notes, hands the ſame, weekly, to the treaſurer. The morning viſitors are generally detained

* See the form of the numerical book.

† See the form of the viſitor's book.

about

about two hours, or two hours and a half, and have their turn once every fortnight.

Beſides this duty, the Proviſion Committee have occaſional meetings to concert meaſures for the purchaſe of proviſions, and to examine and audit accounts, with other buſineſs peculiar to the duty aſſigned them.

The Committee of Management meet periodically, generally once a fortnight, to receive the reports of the building and repairing Committee, and the Proviſion Committee; to order the payment of bills and accounts; and to enter into ſuch reſolutions for the proper management of the inſtitution, as may be found neceſſary.

Every tranſaction is regularly recorded in a minute-book kept by the ſecretary; and the moſt rigid attention is paid to method and regularity in all the proceedings of the different Committees, which are, ultimately, ſubmitted to the conſideration of general meetings of the whole ſubſcribers. By ſuch arrangements,

rangements, every member of the ſociety feels an intereſt in its ſucceſs, and is repaid by the high gratification which ariſes from witneſsing the unparalleled extent of the benefits which are derived from a ſmall ſum of money, and a very moderate portion of time, employed in this benevolent undertaking.

Bye-laws of the Committee of Management.

FOR the purpoſe of inſuring regularity, and a ſtrict attention to the affairs of the ſociety, the following bye-laws, with ſome variations, have been eſtabliſhed for the government of the Committee at the Soup-houſe in Spitalfields, and are ſuggeſted as proper to be adopted in all new Soup Eſtabliſhments, ſubject to ſuch alterations and amendments, and to ſuch other rules and regulations, as local circumſtances may point out.

I. That the Committee of Management meet once a fortnight, ſubject nevertheleſs to the

the call of the ſecretary on the requiſition of ſix of its members.

II. That the Committee do meet at ſix o'clock preciſely, and be ſubject to a fine of 1s. in all inſtances where a member does not enter the room before the reading of the liſt of the members be concluded; unleſs the excuſe he offers be deemed *a reaſonable one*, by a majority preſent.

III. That no leſs than thirteen members ſhall form a quorum.

IV. That it be the duty of the chairman to read the minutes, to keep order, and to put ſuch queſtions as may come before the Committee.

V. That if the chairman be not in the committee-room before the reading of the liſt of members be concluded, another chairman may be choſen from thoſe who are preſent, that the buſineſs may not be delayed.

VI. That

VI. That the election of new members be determined by ballot. Not less than six negatives to exclude.

VII. That no member shall absent himself during the sitting of the Committee, without permission from the chair.

VIII. That the order of the business in the Committee, after reading over the list, and balloting for new members, be, *First*, to receive the report of the Repairing Committee: Second, the report of the Provision Committee: Third, the report of the Committee appointed to examine the visitors' book: Fourth, to read the minutes of the last meeting: after which, new propositions to be taken into consideration.

IX. Two members of the Provision Committee, or substitutes procured from among the members of the Committee, to attend at the Soup-house precisely at six o'clock in the evening, for the purpose of superintending the weighing of the ingredients for the soup,

or be ſubject to a fine of 1s. for abſence at the preciſe hour, and of 2s. 6d. for total abſence.

X. Three members of the General Committee ſhall attend in rotation at the Soup-houſe, or procure a ſubſtitute or ſubſtitutes from among the members of the Committee, at a quarter before eleven o'clock, or be ſubject to a fine of 1s. for abſence at the preciſe time; and in caſe of total abſence, a fine of 5s. ſhall be paid; the regular attendance of the viſitors for the delivery of the ſoup being conſidered as indiſpenſably neceſſary to the exiſtence of the inſtitution.

XI. That all monies received by the treaſurer for fines, be appropriated to the uſe of the ſociety, in defraying the expences attending its meetings, and other contingent charges.

XII. That theſe bye-laws be printed, and ſent to each individual who has taken upon him the duty aſſigned to the reſpective members forming

forming the Committee of Management, that none may pretend ignorance; and that the utmoſt punctuality may be manifeſted: and that liſts of the members, with the mornings and evenings of attendance, applicable to each in rotation for the ſeaſon, be printed, and ſent alſo to each individual compoſing the general Committee of Management: and that the evening and morning viſitors do ſeverally note in the viſitors' book the exact time of their coming.

N. B. Theſe bye-laws have been found of infinite uſe in promoting that ſpecies of accuracy and attention, to which the chief ſucceſs, and the unexampled advantages of the Soup Eſtabliſhments in the metropolis, are to be attributed: their exiſtence depends on the *punctuality* and *method*, which, after various modifications, (the reſult of experience), has been generally adopted. To men of buſineſs it is even a ſaving of valuable time, by which the duty is rendered much eaſier, than it could poſſibly be under circumſtances leſs correct, while at the ſame time it is per-

formed in a manner better calculated to obtain the object in view.

☞ Where the leiſure of the whole, or a certain portion of the members forming the Committees, would admit of a regulation, whereby the houſes of all applicants for ſoup could be viſited during the interval when the deliveries are ſuſpended, and the members are not called upon to do duty at the Soup-houſes, it would, by taking an account of the number, ages, and peculiar circumſtances, of each family, be productive of infinite advantage, by bringing under the review of the public, a ſpecies of knowledge highly intereſting and uſeful, with reſpect to the general economy, and the true ſituation, of the labouring people in large communities; beſides eſtabliſhing rules for proper diſcrimination.—The object is practicable; and by previous ſyſtematic arrangements, might be carried into effect with leſs trouble than appears at firſt view.

FORM of the Viſitors Book for the Evening and Morning *.

This book is printed, and bound in quarto, with forms according to the following ſpecimen. It promotes accuracy in the greateſt poſſible degree, and prevents thoſe miſtakes which muſt be unavoidable where no particular ſyſtem is eſtabliſhed.

FORM of the Viſitors Book for the Evening.

SOUP-HOUSE——EVENING, of

PRESENT {

	St.	lb.
Weighed the meat left yeſterday, and found - -		
Delivered in this evening by butcher,		
	St.	lb.
Legs and ſhins -		
Clods, &c. -	—	—
	St.	lb.
Meat put into Boiler No. 1 -		
No. 2 -		
No. 3 -		
No. 4 -		
Meat left		

Ordered barley, peaſe, ſalt, pepper, and onions, as per directions.

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* N. B. This book is printed in the form now exhibited, which ſaves much trouble to the viſitors.

FORM of the Visitors Book in the Morning.

SOUP-HOUSE.——MORNING, of

PRESENT {

Sold Quarts of Soup

Received - Silver

Copper

£. which was delivered

to

Tickets given for new recommendations, beginning with No.

and ending with No.

It is recommended to the visitors this evening to make

Boilers No.

Ordered in from the butcher St. lb. of meat.

N. B. This is also printed in the form now exhibited. The one follows the other, and are bound in a quarto book.

*** *In case of the absence of any of the visitors, either from the morning or evening duty, those that are present note down such absence, with the names of the visitors whose duty has been neglected, which is afterwards brought under the consideration of the Committee, who order the fines to be collected.*

FORM

FORM OF THE *NUMERICAL BOOK.*

It may conſiſt of any number of pages. One or more are generally occupied by each day's delivery, according to the number of tickets in circulation.

No.	Qts.	No.	Qts.	No.	Qts.	No.	Qts.	No.	Qts.
1		21		41		61		81	
2		22		42		62		82	
3		23		43		63		83	
4		24		44		64		84	
5		25		45		65		85	
6		26		46		66		86	
7		27		47		67		87	
8		28		48		68		88	
9		29		49		69		89	
10		30		50		70		90	
11		31		51		71		91	
12		32		52		72		92	
13		33		53		73		93	
14		34		54		74		94	
15		35		55		75		95	
16		36		56		76		96	
17		37		57		77		97	
18		38		58		78		98	
19		39		59		79		99	
20		40		60		80		00	

N. B. The firſt top column is left blank, or filled up with the day of the month of each delivery; in the ſecond, 100 is to be inſerted with the pen; in the third, 200; in the fourth, 300; and ſo on, according to the number of applicants who have received tickets.

Information reſpecting Tickets.

IT has already been explained that all tickets are given at the Soup-houſe by the daily viſitors, in conſequence of the recommendations of ſubſcribers, which are produced by the applicants. When a houſe firſt opens for the ſeaſon, there are new recommendations ſent to ſubſcribers to be filled up and ſigned; and of courſe new tickets are given to the perſons who produce ſuch recommendations. The firſt recommendation, for inſtance, which is produced to the viſitor on the firſt day, has inſerted upon it No. 1. and a correſponding, or ſimilar number, is put on a ticket, printed on ſtrong cartridge paper, and delivered to the applicant, which he or ſhe produces as often as applications are made for ſoup during the ſeaſon, or until the tickets are called in. The ſame rule is followed with other recommendations and tickets, which are numbered progreſſively, as the

the former are received and the latter delivered.

During the firſt week or ten days after a Soup-houſe opens, a conſiderable degree of attention and accuracy is required on the part of the viſitor, to whom that department is aſsigned, to prevent chaſms, or double numbers: but the labour diminiſhes gradually as the poor are ſupplied, although ſcarce a day paſſes during the whole of the ſeaſon without new applications being made and recommendations produced.

The Form of the Ticket.

No. | Quarts.

For

Recommended by

*** This Ticket not to be diſpoſed of.

Bad Halfpence will be refuſed.

N. B. Apply at the Soup-houſe every day (Sunday excepted) between the hours of eleven and one.

Information

Information reſpecting the Conſtruction of the Soup-Houſe.

THE annexed ground plan of the Soup-houſe in Orchard-ſtreet, Weſtminſter, which is generally allowed to be on a very complete plan, eſpecially as the public kitchen was built from the foundation, will explain the conveniencies which are indiſpenſably neceſſary to inſure ſucceſs in eſtabliſhments of this nature.

The accommodations for ſheltering the poor, while they are at the ſame time prevented from crowding on one another, or from the poſsibility of an adult, from greater bodily ſtrength, having a priority in turn, over a child, in conſequence of the maze or railings which encloſe them, tend much to promote facility and regularity in the delivery of the ſoup, and will be found indiſpenſably neceſſary in all large towns. This expedient

was

was reſorted to in London, in conſequence of the confuſion which at firſt enſued, and which precluded children, who were ſent by their parents, from having a regular turn, and in ſome inſtances deprived them of the benefit of the ſoup, when there was not a ſufficiency for all the applicants. Under the preſent arrangement, every one follows another, and receives the ſoup according to the time they enter the houſe, one after another. The firſt that enters paſſes through the maze up to the money-counter, and receives the tranſit ticket, [1] [2] [3] [4] already deſcribed, which being preſented to the perſon who meaſures the ſoup, there is no neceſsity for uttering a word.

Beſides the apartments exhibited and explained by references on the ground-plan, each Soup-houſe has a committee-room ſufficient to accommodate forty-eight members, where the buſineſs of the ſociety is tranſacted, and where their meetings are held. There are alſo two or three apartments for the houſekeeper or cook, where ſhe reſides all the year round.

round.—A decent reſpectable woman is always ſelected for this purpoſe.

Explanation of the Plate of the Soup-Houſe in Orchard-ſtreet, Weſtminſter.

A. The kitchen where the ſoup is prepared.

B. The caſt-iron boilers.

C. The ciſtern for water.

D. Butts for an additional quantity of water.

E. The dreſſer.

F. Block for cutting the meat.

G. Scales and weights for weighing the meat.

H. The ſtore-room, with a dreſſer, and binns for barley, peas, &c.

I. The back-yard for depoſiting the bones, aſhes, &c.

K. A frame in which the tin coolers are placed for ſoup which may be occaſionally left.

L. The coal-cellar.

M. The

M. The apartment of the viſitors who attend the delivery of the ſoup.

N. The apartment where the ſoup is delivered.

At No. 1. the recommendations are received.

No. 2. The money is received for the ſoup.

No. 3. The numerical book is kept.

O. Door where the applicants enter.

P. The paſſage of the firſt applicants, who bring recommendations for the purpoſe of receiving tickets at the counter, No. 1.

Q. The maze-paſſage of applicants, who have received tickets from the door O, to the money-counter, No. 2.

R. The paſſage from the money-counter to the ſoup-ſtand where it is meaſured out.

S. The paſſage from the ſoup-ſtand to the ſtreet.

T. The door where the applicants depart with their ſoup.

Information

Information reſpecting the Apparatus neceſſary for a Soup-Houſe.

FOR the purpoſe of giving facility and diſpatch, and promoting accuracy and cleanlineſs, every ſoup eſtabliſhment ought to have a complete apparatus, conſiſting of the articles hereafter enumerated :

1. A ſmall caſt-iron boiler, of 30 or 40 gallons, to be uſed as a digeſter *, and alſo to heat water for the purpoſe of filling up the large boilers, and waſhing the kitchen, &c.

2. One, two, three, or more, large caſt-iron boilers, from 150 to 200 gallons, Wincheſter meaſure, according to the demand for ſoup. Large boilers are al-

* A digeſter, upon an improved conſtruction, for extracting the whole of the nutriment from the bones, is added to the apparatus of many ſoup-houſes. In Clerkenwell, however, the digeſter was not adopted; and in Spitalfields, after having been uſed for a ſhort time, was wholly laid aſide; it being a doubt, whether the ſubſtance diſſolved afforded any nutriment.

ways

ways to be preferred, as being more economical than ſmall ones with reſpect to fuel; and they are alſo more convenient, as they admit of a ſmaller as well as a larger quantity being made.

3. Two or more tin-coolers for receiving any ſoup which may be left, and preſerving it from ſpoiling until it can be mixed with the new ſoup on the following day. Theſe coolers are generally about four or five inches deep, three feet wide, and about five feet long. They are placed in ſhelves or diviſions of a wood frame, covered on the top, and open in front, which is generally placed in the back yard of the kitchen.

4. Two tin pails of three gallons each, to convey the ſoup from the boilers to the tin receiver, from which veſſel it is meaſured out.

5. One tin receiver of ſix gallons, which is conſtantly kept nearly full during the delivery.

6. One

6. One Wincheſter quart tin pot, with a handle, uſed for meaſuring the ſoup.

7. One tin funnel, with a wide nozel, uſed to prevent waſte in filling the different veſſels brought by the applicants.

8. One ſoup-ſtool lined with tin, and ſmall iron ribs, with a hole, through which the ſpillings of ſoup paſs into a tin veſſel below.

9. One tin pail placed under the ſtool to receive the ſpillings of ſoup.

10. One ſtnol, upon which is placed a ſquare box, to receive the tranſit tickets ſent by the viſitors to denote the number of quarts each applicant is to receive.

11. One oblong tin box, with four diviſions, for the tranſit tickets |1| |2| |3| |4| which is placed on the counter where the money is received in proper order for

for the convenience of immediate ſelection.

12. One tin meaſure for peaſe.

13. One tin meaſure for ſalt.

14. One tin ſkimmer.

15. One ſtrong copper ſoup-ladle.

16. One ſmall ditto.

17. One iron ſpatula for ſtirring the ſoup; and two or three wooden ones; a bone diver to remove the bones from the boilers.

18. One iron raker for taking out the bones.

19. One pair of ſteps to aſcend to the boilers.

20. Two iron ſcrapers to ſcrape the bottoms of the boilers.

21. One iron coal-raker.

22. Two wooden tubs.

23. One onion-baſket, and three large baſkets to receive the bones.

24. One pepper-mill with a tin receiver.

25. Butchers' tools, conſiſting of a chopper, two cleavers, three knives, and one ſteel; alſo ſeveral meat-hooks.

26. One pair of large ſcales and weights for weighing the meat.

27. One pair of ſmall ſcales for pepper, &c.

28. A deal bin with diviſions for peaſe, barley, &c.

29. A large ciſtern to hold water, with pipes to each boiler.—

☞ This, perhaps, will not be neceſſary in country towns, where good wells are acceſsible.

30. Scrubbing-bruſhes, mops, brooms, &c.

FURNI-

FURNITURE neceſſary for a Soup-Houſe.

1. A long table, and benches or forms for the committee-room.
2. Two or three chairs.
3. A Bath-ſtove and fire-irons.
4. Six candleſticks and ſnuffers.
5. Ink-ſtands and other ſtationary.
6. A ſmall deſk for the viſitors' room.
7. Three ſtools for ditto.

The Expence of repairing and fitting up a Soup-houſe on a large Scale.

THE ultimate expence of a Soup-houſe upon the plan exhibited in the plate, depends

on a variety of circumſtances. Where old commodious houſes are to be obtained in ſituations where rents are low, the expence is generally moderate; but where a houſe is to be built from the foundation, including boilers, ciſtern, and other apparatus, it cannot be eſtimated at leſs than 500l. or 600l. But this is only an expence once for all; and it may fairly be aſked, where is it poſsible to lay out money to a better purpoſe?

In Weſtminſter, the rent of the houſe (of which the ground-plan is exhibited), excluſive of the rates, is 14l. a year.

The repairs, improvements, and the kitchen, (which was built from the foundation) coſt about	300	0	0
And the boilers and other apparatus, about —	65	0	0
£.	365	0	0

But in many country towns where proper accommodations can be procured without the neceſsity of new erections or extenſive repairs,

pairs, a Soup-houſe may be fitted up perhaps for an expence not exceeding 100l. or 150l. In all inſtances it is of the greateſt importance, that the applicants ſhould be ſheltered, and that order and regularity may be preſerved while they are waiting to receive the ſoup; without ſuch convenience, the eſtabliſhment cannot be ſaid to be complete. In the ſmall towns and villages, however, where all the applicants are perſonally known, the ſame attention to regularity may be diſpenſed with. Any private brewhouſe, or any building having a commodious waſhhouſe attached to it, will anſwer the purpoſe; and under ſuch circumſtances the whole expence ought not to exceed 20l. or 30l.; a ſum too inconſiderable to operate as a diſcouragement. Copper cauldrons ſhould be avoided if poſsible; but where this cannot be done, the greateſt attention ought to be paid to cleanlineſs.

Ingredients neceſſary to make 100 *Gallons of good Meat Soup, Wincheſter Meaſure, according to the Scale adopted in Orchard-ſtreet, Weſtminſter; with a Specification of the Expences of each Article according to the preſent Prices.*

				l.	s.	d.
Meat	112lb. legs and ſhins of beef, 2d.			0	18	8
	63lb. clods and ſtickings ditto $3\frac{1}{2}$d.			0	18	$4\frac{1}{2}$
	175lb. average price	$2\frac{1}{2}$ per lb.		1	17	$0\frac{1}{2}$
Split peaſe	28	—	4d.	0	9	4
Scotch barley	30	—	3d.	0	7	6
Onions	18	—	$1\frac{1}{4}$d.	0	1	$10\frac{1}{2}$
Salt	8	—	$2\frac{3}{4}$d.	0	1	10
Pepper		10 oz.	$1\frac{3}{4}$d.	0	1	$5\frac{1}{2}$
Total 249lb. 10 oz. of ingredients				2	19	$0\frac{1}{2}$
Coals, about $1\frac{1}{4}$ buſhel				0	1	$6\frac{1}{2}$
			carried over	3	0	7

			l. s. d.
		brought over	3 0 7
Deduct Weight of Bones taken out	39lb. 10oz.*		
Net wt. Nutriment	210lb.	in 100gall. the coſt of which is	3 0 7

According to this calculation, the net expence will amount to about 1$\frac{3}{4}$d. per quart; but when to this is added the expence of houſe-rent and taxes, the wages of the houſekeeper, and two labourers, during the ſeaſon, together with candles, ſtationary, printing, and other incidental and contingent expences, the whole will amount as near as poſſible to the rate of 2d. per quart on the quantity of ſoup delivered to the applicants, for which they pay half price. The ſeaſon continues during the three winter and the two ſpring months.

* The bones having only boiled twelve hours, may be digeſted again with conſiderable advantage. *Afterwards they fetch 6d. a buſhel in London.*

Directions for making the Soup.

THE water in the cauldron muſt be in a boiling ſtate at ſix o'clock in the evening, when the two viſitors from the Proviſion Committee attend to ſee the meat and ingredients weighed. After the meat is ſo weighed and adjuſted, it is cut up, and the bones are ſplit longitudinally, and broken into ſmall pieces, and put into the boiler *. Soon after this, and before the fat melts, the bloody and foul particles float up and are ſkimmed off. Then the boiler is covered cloſe up, and continues boiling or ſimmering for twelve hours till ſix o'clock the next morning, when the labourers again return, and take out the whole of the bones, which are, by this time, totally di-

* It has been conſidered as an improvement to cut the meat wholly from the bones in the firſt inſtance, and digeſt them ſeparately for ſixteen hours, and then fill up the boilers with the liquor extracted from them by this proceſs; which will render leſs meat neceſſary, while the ſoup is equally good.

veſted

veſted of the meat, and apparently (though not actually) of the whole nutriment which they contained. As ſoon as the bones are removed, the peaſe and barley, (the latter along with the cold water in which it has been previouſly ſoaked), are put in; the boilers are filled up with water, and a ſtrong fire put to each; the labourers continue to ſtir the ſoup frequently to prevent the vegetables from burning, always covering it at the intervals. At eight o'clock the pepper and ſalt are put in, and the onions at nine; when the boilers are again filled up with water, and at eleven the delivery of the ſoup commences. At this period, the meat, which has then been ſeventeen hours in the boilers, is nearly diſſolved, and only appears in particles or threads floating in the ſoup *.

At ſeveral of the Soup-houſes in London a ſmall quantity of the raſping of bread is

* The ſtrength of the ſoup depends much on the quality of the meat. Bullocks heads, *well cleaned*, may be uſed with advantage along with the other meat, which unavoidably varies with reſpect to the quantum of nutriment a given weight contains; of courſe the ſtrength of the ſoup cannot always be preciſely the ſame.

uſed,

uſed, for the purpoſe of giving the ſoup a rich brown colour; but in others, this practice is diſcontinued, not being conſidered of much importance.

In the country, where cabbages, turnips, carrots, and other vegetables can be procured, they would tend much to ſweeten the broth, and might be ſubſtituted inſtead of peaſe.

Potatoe Soup.

An excellent ſoup might alſo be made by uſing potatoes inſtead of the barley and peaſe, with a good proportion of onions, pepper, and ſalt; but no other vegetables. They ought not, however, to be put into the boiler until about an hour or an hour and a half before the delivery commences, and ſhould be previouſly parboiled and peeled.

It is believed in thoſe parts of the country where potatoes are good and cheap, and barley and peaſe difficult to be procured, that this ſpecies of ſoup would be found very ſa-

ley

lutary and uſeful. It would, in ſome reſpects, be even preferable at the preſent criſis, as the potatoes eaten along with the rich palatable ſoup, rendered ſavory by the onions, pepper, and ſalt, would prove an excellent ſubſtitute for bread, and would tend, in a conſiderable degree, to reduce its conſumption.

Potatoes and Cabbage.

In thoſe parts of the country where the white drum cabbages are abundant and cheap, an excellent diſh might be prepared upon a large ſcale, by maſhing them up with potatoes both in a boiled ſtate, with a part of the fat ſkimmed from the ſoup, (for which purpoſe more ſhins or meat might be added), and a certain proportion of onions, pepper, and ſalt. This diſh, while it feeds the poor in a cheap and nutritious manner, would be even prized at a rich man's table *. In thoſe parts of the country where it could be reſorted to with convenience, and as an appendage to

* This diſh is named in Ireland, *Calcannon,* and is very frequent at the tables of the moſt opulent.

the

the ſoup, it would certainly tend in a very eminent degree to reduce the conſumption of bread, for which it would prove an excellent ſubſtitute.

Where there are more boilers than one, it could be eaſily cooked; and it is not unlikely, where cabbages and potatoes are cheap, that a meal could be afforded to the poor at ſomewhat leſs than one halfpenny for each member of a family, taking the adults and children on an average.

Certain it is, that both in potatoe-ſoup, and in potatoes and cabbage, there will be found conſiderable reſource in times of ſcarcity, with this advantage, that when the labouring people are taught through this medium how good and palatable it is, they will reſort to the ſame mode of dreſſing theſe vegetables in their own houſes, and thereby acquire better and more frugal habits.

The art of communicating relief to the poor, in times of ſcarcity, is only beginning to

to be underſtood. The cheapeſt mode that can be adopted, always, if judiciouſly applied, is of the greateſt benefit to the poor; ſince, by relieving them effectually or materially at a ſmall expence, the aid is not only rendered general and extenſive, but through this medium the food they receive is but a part of the benefit: they are taught, from a knowledge of the nature and quality of this food, and the price at which it can be prepared, to feed themſelves in a more frugal manner.

Nothing can be more repugnant to the intereſt of the labouring people, and to the country at large, eſpecially in times like the preſent, than that miſtaken benevolence which induces well-intentioned and well-diſpoſed individuals to diſtribute bread in times of ſcarcity, or indeed any other expenſive article of food. There cannot even be a greater act of inhumanity to the poor themſelves, ſince, whenever an article which is ſcarce and dear, is eaſily obtained, the conſumption muſt be increaſed, the ſcarcity will be augmented, and the price will become higher,

and

and the burden, of courſe, heavier upon the poor.

As a further means of reducing the price of bread, potatoes might be prudently purchaſed by ſoup-ſocieties, in moderate quantities, at a time ſo as not to raiſe the market, and afterwards ſold out to deſerving families, in ſmall quantities, at the wholeſale price, or a trifle under it *.

Wherever ſoup is given, potatoes are a very deſirable acquiſition, eſpecially where there are families of children. They may be mixed with the ſoup, and thereby afford a comfortable cheap meal, without any bread at all.

* No mode of relief can be more erroneous, and even hurtful, than that which is ſometimes practiſed by well-intentioned individuals and ſocieties, of giving the poor *food* or *fuel* for *nothing*. By obtaining half-price, or even a larger proportion of the value, the capital is in part preſerved to relieve them over and over again; and beſides, while the poor ultimately receive more, thoſe abuſes which are generated by abſolute gifts are prevented; and the articles paid for in part are not re-ſold, or converted into ſpirituous liquors.

On all occaſions where the labouring people are at any time indebted to the benevolence of the more opulent part of the community, it would be of infinite uſe in promoting their comfort, and in ſheltering them from diſtreſs, if the boon thus given could be made ſubſervient to purpoſes of economy and good management.

With this view copies of the following receipts were, by the direction of the viſiting members of the different ſoup-eſtabliſhments, delivered at the cloſe of the laſt ſeaſon to all thoſe who had enjoyed the benefits of the charity.

1.—*Barley-Broth.*

Take four quarts of water, four pounds of meat, (part beef and part mutton are beſt) with bones; four ounces of barley, and ſo in proportion for a larger or ſmaller quantity. Stew the whole together for two hours, then put in the pot-herbs and greens according to the ſeaſon, (avoiding mint and ſweet-herbs,

which will ſpoil the ſoup). There may be more or leſs of carrots, turnips, cabbages, or peaſe, according to the ſeaſon; but onions or leeks in the ſeaſon ſhould never be omitted, as they give the broth an excellent flavour. This broth is often made with no other vegetables than a few onions cut in pieces, along with the barley; but in general ſuch other vegetables as the ſeaſon affords are added, in particular parſley, which ought never to be omitted when it can be procured. The cheap pieces of meat generally make the beſt broth, and it varies all the year round according to the vegetables that each ſeaſon affords, which gives it a preference to moſt other ſoups; beſides, it is excellent and nutritious, and very wholeſome and beneficial where there are children. It is not neceſſary to boil the meat too much, eſpecially if the broth is enriched with a few bones. It may be eaten afterwards with vegetables and potatoes, or bread.

2.—*Potatoe-Soup.*

Stew about five pounds of the coarſeſt parts of beef or mutton, or a part of both, which

is

is preferable with ſome bones, in ten quarts of water till rather better than half done, then put in about twenty-four pounds of potatoes after being parboiled and ſkinned, with ſome onions, pepper, and ſalt. Stir it frequently, until the potatoes are ſufficiently boiled. A marrow-bone adds much to the richneſs of this kind of ſoup; and it may be made alſo with a bullock's head. The meat and ſoup, when ſeaſoned as above mentioned, and eaten along with the potatoes which remain whole, prove a moſt comfortable and cheap meal for a large family. Legs and ſhins, and cloc and ſtickings of beef, anſwer beſt for this kind of ſoup, and a meſs ſuch as is now deſcribed will dine ten or twelve perſons very comfortably, at about 2d. or 2d$\frac{1}{2}$. per head at moſt. Where, therefore, the family conſiſts of a ſmaller number of perſons, the quantity of meat and other ingredients muſt be leſs in proportion. It is, moreover, a diſh wh grown people and children become extremely fond of when a little uſed to it, and after they fall into the right method of making it.

3.—*Cabbage-Soup.*

When a family has occaſion to corn a piece of beef, inſtead of throwing away the liquor in which it has been boiled, let it be mixed with white cabbage, without being cut ſmall, and boiled together for a certain time with the meat till the cabbage is tender. It is a moſt excellent diſh, and may be made without the leaſt difficulty in any family, and it makes the meat go twice as far, eſpecially where there are children.

4.—*Potatoes and Cabbage.*

Potatoes, boiled with one-third or one-fourth part of white cabbage, and one or more onions, and maſhed up with a very ſmall quantity of clean fat or butter, and pepper and ſalt, is an excellent diſh, extremely cheap, palatable, and nouriſhing, and very wholeſome food for children.

This diſh is to be found at the tables of many perſons of fortune on account of its being

being ſo excellent, and yet it is happily acceſſible to every poor perſon in the country on account of its extreme cheapneſs. It ought never to be loſt ſight of, when the large drum cabbages are in ſeaſon.

By trying theſe receipts in various ways, the beſt and cheapeſt mode will ſoon be diſcovered, and a great deal of bread will be ſaved in theſe dear times.

A FRIENDLY ADVICE to labouring People and others, who have ſmall Incomes; and to Perſons having Families of Children; particularly thoſe who at preſent partake of the SOUP CHARITY, *or may hereafter enjoy it. Shewing the great Advantage in point of Comfort, Health, Nutriment, and Œconomy, which may be derived by a new and better Mode of ſelecting and dreſsing animal and vegetable Food; and by habits of Sobriety, good Management, and Virtue. From the* COMMITTEE *at* LLOYD'S COFFEE-HOUSE *.

THE firſt conſideration with all families who ſhall have a ſmall income is,—"how to make a little go as far as poſſible, in pro-

* Drawn up by P. Colquhoun, Eſq.

curing

curing a ſufficient quantity of food and other neceſſaries."

The houſe-wife who roaſts, broils, or bakes her meat, generally waſtes one-third part of the nutriment, which is either dried up, or runs into the fire; while ſhe who boils her meat without converting the pot-liquor into ſoup, throws at leaſt one-half of the ſubſtance away into the water.

The frugal mother who feeds her children in the morning with *thick gruel* and milk, or a little treacle, and who will ſtew her meat at home, ſometimes with potatoes and onions, and at other times with barley and vegetables, varying the diſh occaſionally, will find, on trying the experiment, that a family thus fed will ſpend much leſs money; and perhaps will fare twice as well for the year round; will conſtantly have enough, and not a feaſt one day and a famine another, which it is to be feared is too much the caſe at preſent: and by the adoption of a better mode of cooking, and by taking a leſſon from what is

done at the great ſoup-ſhops lately ſet up for the benefit of the poor, a good deal of a labouring man's income, which is now waſted, may be ſaved for the education of children, for decent apparel, and other comforts which are not attainable under the exiſting habits.

No inconvenience can ariſe from the mode of dreſſing meat which is now recommended, as the pooreſt family in a weekly lodging muſt have a fire to warm them, and a ſtew-pan to boil water; the ſame fire will ſtew meat, bones, and vegetables, and will make broth without any additional expence for fuel.

There are ſeveral excellent and cheap diſhes which may be made in the manner before deſcribed, and which may be alſo varied according to the ſeaſon of the year, holding out to large indigent families many comforts which they do not enjoy at preſent, for want of a better knowledge of frugal cookery. It is therefore to convey this knowledge to all, that the receipts are given for making the moſt favourite, and the cheapeſt diſhes upon

upon a ſmall ſcale; and as the preſent Soup-Charity may probably be diſcontinued after a while, or confined to perſons under particular circumſtances of diſtreſs; it is earneſtly recommended to all who partake of it, and who know from experience how good, cheap, and nutritious it is, that they will try to make ſome ſort of ſoup at home, varying it according to the different modes already explained.

By trying theſe receipts in various ways, the beſt and cheapeſt mode will ſoon be diſcovered; and by avoiding the gin-ſhop, the alehouſe, the pawn-broker's ſhop, and the lottery, infinite comforts would be experienced, to which multitudes of the labouring people are at preſent ſtrangers; and independent of the evil of bad health, which ariſes from habitual drinking, let it conſtantly be borne in mind—

1. That four glaſſes of gin a day will coſt, by the year, no leſs than 9l. 2s. 6d.

2. That two pots of porter a day, drunk in the alehouſe, will alſo coſt by the year 10l. 12s. 11d.

3. That borrowing money daily at the pawn-brokers, or even weekly, by pawning the tools on Saturday evening to take out the Sunday's clothes, and again the Sunday's clothes to take out the tools on Monday morning (a practice which too often prevails), is abſolute ruin to a labouring man, as the intereſt paid in ſuch caſes will amount in the courſe of a year from *thrice* to ſixteen times the ſum borrowed, according to circumſtances, and coſts many a family by the year above 5l.

4. That although ſome few gain a little occaſionally by inſuring in the lottery, yet in the end there can never be any real advantage. On the contrary, it is certain ruin to the chief part who are concerned in it. He or ſhe, therefore, who ventures or engages in ſuch deſperate undertakings as illegal inſurances, may rely upon it that miſery and diſtreſs will be the conſequence. All the goods that can be ſpared will go to the pawn-broker's ſhop, and be forfeited at one-third

of

of their value, while a diſtreſs warrant for rent takes away the furniture. This fate ſooner or later awaits all habitual lottery inſurers. The deluſion when once a perſon engages deeply in the lottery is beyond all conception. Every conſideration connected with prudence and diſcretion gives way to it, till even the apparel of the infants is pawned to follow it up; and the infamous frauds that are committed upon the unfortunate victims, are ſeldom diſcovered, till there is ſcarcely a rag to cover them, or a home to afford them ſhelter.

Thus, it is to be feared, the poor man's income is too often eaten up by the gin-ſhop, the ale-houſe, the pawn-broker, and the lottery; and that a vaſt deal of miſery to families, ariſes from the want of a ſufficient portion of virtue and reſolution, to withſtand evil temptations. It is here ſeen, that a *little gin*, and a *little porter*, conſumed daily, and a ſmall ſum borrowed, comes to a great deal of money at the end of the year; and that a conſiderable part of

of a poor man's income may ſoon be inadvertently waſted, and poverty and diſtreſs brought upon him, which the prudence and foreſight now recommended, might have prevented; and if followed hereafter, will certainly ſhelter him from ſo great a calamity.

To be happy and comfortable, a labouring man muſt be ſober, frugal, and induſtrious. The firſt perſon in the land will take ſuch a man by the hand, and he can never want friends. To deſerve this, however, all unneceſſary waſte in conſumption muſt be avoided; ſomething muſt be ſaved for houſe-rent and apparel, and for ſchool-wages for the children. This only can be done by frugal habits. By ſtudying the beſt means of living well on a little, and by making that little go as far as poſſible. Under ſuch a plan, no warrant of diſtreſs will ſeize a poor man's goods. The rent will be regularly paid, there will be no ſcores at the ale-houſe, no duplicates for goods pawned; and he will have nothing to fear from any body.

Happily

Happily for the cauſe of humanity, the prejudices againſt ſoups among the labouring people are nearly at an end; the excellent quality of the ſoup made for their relief at the Soup-houſes in different parts of the town, and the very general deſire to partake of it, has ſhewn the benefits ariſing from ſuch inſtitutions; but although the relief of the poor is the more immediate object, yet the more important one is, to ſhew the labouring people how much cheaper and better they can ſupport themſelves by the uſe of different kinds of ſoups and other articles recommended, than by baked meat, ruſty bacon, or any other high-priced bad article, where the quantity they can afford to buy may be inſufficient for nouriſhment, and unwholeſome where children are to be fed.

It is in the hope and expectation that an improved cookery of ſoups and ſtews will hereafter conſtitute in a great degree the food of labouring people, that the Committee at Lloyd's have again taken up their cauſe, after having for ſeveral years paſt expended

expended large ſums for their comfort. To inſure a continuance of the aids already received, the poor who are benefited by the benevolence of the charitable and humane, are earneſtly recommended to attend to the following ſummary of the advice already given:——

☞ 1. Study to carry into effect frugal cookery at home, upon the plans now recommended.

2. Avoid ſpirituous liquors, and an unneceſſary portion of ale or porter; and let the latter be drunk as much as poſſible with the family at home.

3. Do not lounge or waſte time in alehouſes. It is abſolute deſtruction both to health and character.

4. Let the home of every man, by keeping all his earnings for his family, be more deſirable than any other place; and to promote this, let every woman meet

meet her huſband with a ſmile,—a clean houſe, and a comfortable meal, when he returns from his labour.

5. Avoid the lottery as you would avoid poiſon. It is the moſt deadly of all poiſons.

6. Pawn nothing: by following the advice now given, it will not be neceſſary: for then there will not only be enough for all the purpoſes of a family (including ſchool expences) but alſo a ſufficient ſum for the box-club, to guard againſt ſickneſs and inability to work, to which all men are liable, and againſt which every prudent man ought to make ſome proviſion.

☞ But, above all, as the beſt ſecurity againſt evil habits, let every *Father* carry his family regularly to ſome place of worſhip decently apparelled on Sunday, and both by precept and example inſtil into their minds the principles of morality and religion.

IN

IN various parts of London, as well as in the Country, kitchens for preparing ſoups for the poor have been humanely inſtituted; the form of making theſe ſoups I have principally collected from the Reports of the Society for bettering the Condition of the Poor; and theſe, with the preceding receipts, will afford ample directions for the conduct of individual families, as well as of public ſocieties.

Soup-Kitchen in St. George's Fields, formerly the Dog and Duck.

IN the expences annexed, rent, fuel, wages, and boiling veſſes, are not included two coppers are erected, one of which contains 129, and the other 154 gallons.

RECEIPT.

RECEIPT.

	l.	s.	d.
46 ſtone of legs and ſhins at 1s. 4d.	3	1	4
46 do. of clods and ſtickings at 2s. 4d. —— ——	5	7	4
10 pecks of ſplit-peas at 8s. 6d.	1	1	3
10 do. of barley at 7s.	0	17	6
7 do. of onions at 5s. 6d.	0	9	7½
23 ounces of pepper at 2s. 8d. per lb.	0	3	10
23 pounds of ſalt at 3d.	0	5	9
	11	6	7½
Which produces 1245 quarts of good ſoup, which may ſupply 487 families at 1d. per quart is	5	3	9
making a loſs of ——	6	2	10½
	11	6	7½

Hence each quart may be eſtimated at about 2½d.

The Soup-Society in Spitalfields uſe the following ingredients for making 100 gallons of

of ſoup, which is diſpoſed of to the poor at one penny per quart.

8 ſtone of beef conſiſting principally of fore-quarters.

16 ſtone of ſhins.

46 pounds of peaſe.

36 pounds of barley.

24 pounds of onions.

8 ounces of black-pepper.

2 ounces of Cayenne-pepper.

8 pounds of ſalt.

" About ſix o'clock in the evening the viſitors attend, and ſee the meat cut up and put into the boilers, which were previouſly nearly filled with water, the fires are lighted, and as ſoon as the boilers boil, the fires are damped with a mixture of ſmall coal, aſhes, and water, and heaped up; by this means the fires do not

go

go out during the night, but keep the boilers ſimmering. At ſix o'clock in the morning, the men renew the fires; barley and peas are then put in, and about eight o'clock the onions, ſalt, and pepper: about an hour before ſerving, which commences ſoon after ten, the boilers are filled up with boiling water, to make up for evaporation during the night."

It muſt occur here, that this waſte of evaporation muſt carry off much nutritious matter; and hence great attention is requiſite to avoid this waſte; and probably it might be greatly leſſened by covering the boilers more generally, leaving a ſufficient ſpace for the introduction of an inſtrument for ſtirring the ſoups; but where boilers are conſtructed on the plan ſuggeſted by Count Rumford, this waſte will be obviated.

In many places, Papin's Digeſters have been eſtabliſhed, by which means bones may be diſſolved to a jelly, which, added to the boilers, improves and encreaſes the ſoup.

Theſe digeſters are ſold in London, made of iron lined with china; and the valves are ſo conſtructed as to prevent any accident from the effect of heat.

CLERKENWELL SOCIETY.

Receipts of ingredients from which 130 gallons of ſoup, ale-meaſure, are made.

	l.	s.	d.
Beef clods and ſticking pieces 19ſt. of 8lb. at 2s. 2d.	2	1	2
Ditto legs and ſhins 10ſt. at 1s. 4d.	0	13	4
White peas, ſplit, 43lb.	0	11	3
Barley out of the huſk 37lb.	0	8	7
Onions 31lb. ———	0	2	0
Salt 8lb. at 3d. ———	0	2	0
Black-pepper, ground, 8oz. at 2s. 3d. —— ——	0	1	1½
Water ſufficient with the other ingredients to fill up the boiler.			
For fire, labour, wear and tear, &c. about —— ——	0	13	6
Coſt of 130 gallons, being little more than 2d. per quart	4	13	0½

CLERK-

CLERKENWELL SOUP-SOCIETY *.

RED TICKETS—Monday, Wednesday, Friday, Saturday.

N°.				Quarts.	
For					
Exchanged by					
Week. 1	Mon.	Tu.	Th.	Sat.	This Ticket is not to be lent.—Bring Silver or Penny Pieces. Apply for *Soup* on TUESDAY and THURSDAYS ONLY, and for the other Articles on Delivery on Mondays and Saturdays, at the Soup House, Clerkenwell, between the Hours of Ten and half past Twelve.
2	Mon.	Tu.	Th.	Sat.	
3	Mon.	Tu.	Th.	Sat.	
4	Mon.	Tu.	Th.	Sat.	
5	Mon.	Tu.	Th.	Sat.	
6	Mon.	Tu.	Th.	Sat.	
7	Mon.	Tu.	Th.	Sat.	
8	Mon.	Tu.	Th.	Sat.	
9	Mon.	Tu.	Th.	Sat.	
10	Mon.	Tu.	Th.	Sat.	
11	Mon.	Tu.	Th.	Sat.	
12	Mon.	Tu.	Th.	Sat.	

* This ticket is the result of a new regulation in Clerkenwell Soup-Society; and does away, not only the expence of

CAMBERWELL SOUP.

6 ſtone of clods and ſtickings.
6 ſtone of legs and ſhins.
1 peck of ſplit peas.
1 peck of Scotch barley.
3 pounds of ſalt.
3 pounds of ground pepper.
1 peck of onions.

To each copper of 50 gallons, the ingredients coſt about two pounds to two guineas, or $2\frac{1}{2}$ per quart.

Soup made in the following proportions coſt, in Feb. 1800, about 3d. per quart, viz.

a Regiſter, and the trouble of keeping it, but the neceſſity of having a third Viſitor each day to attend to it, ſo that ſince its adoption *two* Viſitors can do the work for which formerly *three* were neceſſary. As ſoup is diſtributed only four days in the week, and on the other two, potatoes and herrings, theſe tickets are brought by the ſupplicants; and to prevent the ſame ticket being brought twice in the ſame day, the Viſitor who receives the money and delivers the numerical ticket, ſtamps a round hole with a punch kept for the purpoſe, in that ſquare which anſwers to the day on which the ticket is preſented, before he returns it to the owner.

One

	l.	s.	d.
One ox's head ———	0	3	6
3 quarts of peas at 8d.	0	2	0
2 pounds of Scotch barley at 8d.	0	1	4
12 onions ———	0	0	2
Vegetables, ſalt, and firing,	0	1	0
total	0	8	0

Produce 8 gallons.

	l.	s.	d.
6 pounds of ſtickings at 5d.	0	2	6
1 pint of peas ——	0	0	4
½ pound of Scotch barley	0	0	4
Herbs, onions, and fire,	0	0	7
	0	3	9

Produce 2 gallons and 1 quart at 5d. per quart.

THE following are the RECEIPTS for making the Soup and Prepared-Rice, as prepared at Guildhall, in 1799; and now at the Public Kitchen in New-ſtreet, Black-friars.

Receipt of Ingredients, from which 1000 *Quarts of Soup, Ale-Meaſure, are made.*

362 pounds of beef, fore and hind quarters.
80 pounds of Scotch barley.
102 pounds of ſplit peas.
61 pounds of onions.
18 pounds of ſalt.
13 ounces of ground pepper.
13 ounces of muſtard.

The proceſs is—firſt to cut the meat from the bones into ſmall pieces; the bones being broken, are put into the boiler with the water about ſix o'clock in the evening; this is kept in a ſimmering ſtate till ten, when the fire is damped with cinders and wet aſhes for the night. About five o'clock in the morning the fire is afreſh excited, and the meat put in. The barley and peas are ſoaked in cold water all night, and put in about eight o'clock; the onions, being pared and ſliced, are added about nine o'clock. The whole

whole is kept in a gentle boiling ſtate, from the time the meat was put in till ten, when the bones are taken out; the ſalt, pepper, and muſtard, are then thrown in, and about half an hour afterwards the fire is withdrawn, and the diſtribution takes place. It is needful to keep the boiler carefully ſtirred after the peas are put in, till the ſoup is ſerved out.

☞ Particular care is taken that the different articles are of the beſt quality.

Receipt of Ingredients for 1000 *Quarts of Prepared Rice.*

320 pounds of rice.
14 pounds of lard.
14 ounces of ground allſpice.
4 pounds of ſalt.
907 quarts of water.

The proceſs is—to ſoak the rice all night in cold water; it is put into the boiling wa-

ter about nine o'clock in the morning, and ſkimmed as ſoon as it boils; it ſhould boil half an hour, when the allſpice and ſalt are put in; after it has been ſtirred, the lard is added; then the fire is withdrawn, and the whole kept ſtirring till half paſt ten o'clock, when the delivery commences.

THE following communications from the Directors of the Public-kitchen in New-ſtreet, has been recently circulated, as a cheap method of aſſiſting the poor:

FINE CORNED HERRINGS

now diſtributing under the ſanction of the Committee, at the City Public-kitchen, New-ſtreet, Blackfriars, a large quantity of *Herrings* of a ſuperior quality, juſt arrived from the fiſhery, ſlightly ſalted, and which will be retailed for the benefit of the labouring people, at

TWO for a PENNY.

Let them be gutted, waſhed, and ſoaked, in cold water for an hour, then put them into the

the boiler in cold water; in a minute or two after they begin to boil they are ready. They ſwell in the pot, and will be found ſuperior, on trial, to any other herrings ever expoſed to ſale in London. It is an improvement to eat them with potatoes and rice.

IVER * SOUP.

TAKE two gallons and a half of water; a quart of ſplit peas, previouſly ſoaked for twenty-four hours; two pounds of potatoes that had been well boiled the day before, ſkinned, and maſhed; herbs, ſalt, pepper, and two onions; and boil them very gently together for five hours, covering it cloſely up, and allowing as little evaporation or ſteam from it as may be. Then ſet it by to cool. It will produce rather better than two gallons of ſoup; and, if properly made, there will be no ſediment; but the whole will be blended and mixed together, when it is warmed for uſe.

* Iver, in Bucks.

SOUP,

SOUP,

At Norton-Hall, Derbyſhire.

PUT an ox's head into thirteen gallons of water, and add one peck and a half of pared potatoes, half a quartern of onions, a few carrots, and a handful of pot-herbs; thicken it with two quarts of oatmeal, and add pepper and ſalt to your taſte. Set it to ſtew with a gentle fire early in the afternoon, allowing as little evaporation as may be, and not ſkimming off the fat, but leaving the whole to ſtew gently over the fire, which ſhould be renewed and made up at night. Make a ſmall fire under the boiler at ſeven o'clock in the morning, and keep adding as much water as will make up the waſte by evaporation, keeping it gently ſtirring till noon, when it will be ready to ſerve for dinner.

The whole is then to be divided into fifty-two meſſes; each containing (by a previous diviſion

diviſion of the meat and fat) a piece of meat and fat, and a quart of ſavoury nouriſhing ſoup.

The expence of the materials in Northern countries, where it has been tried, may be thus ſtated:

	s.	d.
Ox's head ——	1	6
A peck and a half of potatoes	0	7½
Onions, &c. ——	0	3½
	2	5

This amounts, excluſive of fuel and trouble, to rather more than a halfpenny for each meſs, or about two pence a gallon; but, in the dearer parts of England, the articles being purchaſed by retail, the meſs may coſt as much as three-farthings, or a penny. The beef and other bones, and cruſts of bread of the family, may be added to the ſtew; and will improve the ſoup, without any additional expence.

VILLAGE-

VILLAGE-SOUP.

At Mongewell, *in the County of* Oxford.

THE following is the receipt for ten gallons of ſoup:

	s.	d.
3 pounds of fat pork cut into ſmall dice	1	6
1 gallon of peas, not ſplit —	0	10
21 pounds of potatoes —	0	9
8 pounds of onions and leeks	0	7
2 pounds of barley-meal, added about half an hour before the ſoup has done boiling —	0	3
Pepper and ſalt —	0	3
Attendance, fuel, &c.	0	10
	5	0

It is boiled gently for four or five hours, and coſts ſixpence a gallon. A pint of it affords

fords a good meal for an ordinary appetite. As peas will not anſwer for boiling much longer this ſeaſon (March 1798), it is in contemplation to try Scotch barley, or ground rice, as a ſubſtitute for them. The ſoup is boiled in a ſmall fixed copper, which renders the conſumption of fuel very inconſiderable.

BIRMINGHAM SOUP.

FOR making the ſoup there are two caſt-iron boilers of 120 gallons each; and a veſſel, called a digeſter, for previouſly diſſolving to a jelly the animal food that is to be uſed in it. The following is the receipt, and the preſent coſt (March 1798) of the materials, for 160 gallons of ſoup.

	l.	s.	d.
80 pounds of beef, ſhoulder, boſom, or ſticking pieces, (or ſometimes the fore-quarter), with 3 ox's melts, or lungs, given in by the butchers, and weighing about 16 pounds ——	0	18	4

brought

	l.	s.	d.
brought over	0	18	4
4 legs of beef, weight about 30lb.	0	3	8
3 ox's cheeks, weight about 27lb.	0	3	0
37 quarts of white peas	0	7	4
21 pounds of onions ——	0	1	8
48 pounds of ground rice	0	10	0
12 pounds of ſalt ——	0	1	3
6 ounces of black pepper	0	0	10
2 ounces of ground ginger	0	0	2
½ an ounce of Cayenne pepper	0	0	3
Mint, celery, carrots, and leeks, often ſent in as preſents, but when purchaſed coſt ——	0	1	0
	2	7	6

Thomas Bernard, Eſq. who deſcribes this cheap repaſt, calculates the expence, excluſive of fuel, houſe-rent, and attendance, at three-pence three-farthings a gallon, although the whole contains the eſſence of 147 pounds of meat, 48 pounds of rice, and 37 quarts of peas; but the riſe of every article of food has been ſince greatly increaſed.

The

The ſoup is prepared by previouſly diſſolving the meat and bones in the digeſter; which is capable of diſſolving bones to jelly in the ſpace of a few hours. The gravy is then ſtrained through a hair ſieve, or cullender; and, if any part of the bones remains undiſſolved, and there is occaſion, it undergoes a ſecond operation in the digeſter. The gravy, having been thus prepared the day before, is divided equally between the two boilers, with a ſufficient quantity of water), and the peas then put in and boiled until they are nearly diſſolved to a pulp; this will take about two hours. The ground rice is then added (being firſt mixed with cold water, and is boiled for ſome time, being conſtantly kept ſtirring. Then the celery and carrots (a middle-ſized bowl-full cut ſmall), with a few leeks, may be put in, and kept boiling about an hour; when the ſalt, pepper, and ginger, mixed together, may be added to the ſoup, and the whole will be ſoon ready for uſe; and, before it is diſtributed, the dried mint is added; but not boiled in it.

IN

IN the firſt edition of theſe Hints in 1795, I adverted in a particular manner to the importance of ſecuring to the labouring poor that decent independance which ought to reſult from their induſtry, whoſe earnings ſhould ever be adequate to their ſupport. Whilſt every humane perſon muſt approve of extending immediate ſuccour, to prevent want, by thoſe provident and liberal means I have deſcribed, and by which thouſands of uſeful lives have been opportunely preſerved; true policy, and expanded benevolence, would reprobate the continuance of that ſpecies of charity, which renders the labourer conſtantly dependant upon alms for his ſubſiſtance. It has been ſaid, that "the day which makes a man a beggar, takes away half his worth:" it does more; it not only deſtroys his energy, but it entails upon his offspring a diſpoſition to idleneſs, the ſource of every vicious action: we may hope, therefore,

fore, that, as ſoon as the immediate preſſure from a ſcanty harveſt ſhall have been obviated, the wages of the labourer will be raiſed ſuitably to anſwer his neceſſary wants. The loſs of time in waiting for the diſtribution of charity; the aſſociating, for that period, perhaps, the moſt indolent and forward of the diſtreſſed part of the community, neither promote good morals, nor a ſpirit of induſtry; and I doubt whether they tend to inculcate economical cookery in thoſe family attentions to food, which make home comfortable to all ranks of people, and diffuſe happineſs to their younger branches, as well as excite among them, habits of exertion to acquire theſe enjoyments for themſelves.

The maſter manufacturers, and the opulent farmer, who employ labourers, will certainly be gainers by theſe charitable means of feeding the poor, becauſe it affords a pretext for witholding an encreaſe of wages adequate to the expences of ſubſiſtence; ſo that in reality, the public is paying the labourer for their employers, who on their part are

gainers, in conſequence of the application of theſe ſources of charity, whilſt the artizan is in danger of being depraved, and loſt to the community, by beggarly dependance.

Theſe, and many other inconveniences might be ſuggeſted, that ſeem to call for an increaſe of wages, as a juſt remuneration for labour, without ſubjecting the lower orders of the people to aſk bread as a boon, which is due to them as a debt for induſtry *.

The adage, that "Peace begets Plenty," will not be realized to the poor in any extenſive degree; for the increaſe in the national debt, and conſequently the increaſe of taxes, however they may have been originally laid on the wealthy, muſt ultimately be paid

* This reaſoning will be concluſive in ordinary times: but ſurely it would not be a wiſe meaſure on every temporary preſſure to advance wages. If ſo, they could never be reduced; and at length become ſo high as to prevent the manufacturer of the country from meeting the ſame articles of foreign manufacture in the ſales abroad. Our articles would coſt dearer; a check would be given to the exportation of our labour; and manufactures, except in ſo far as related to a home conſumption, would be ruined, and thouſands would want bread.

prin-

principally by the great bulk of the people, who live by induſtry; hence the expence of ſubſiſtance muſt be enhanced, as well as all the neceſſary comforts of life; unleſs, therefore, the price of labour be augmented, the labourer muſt continue to live on charity; and, to eſtabliſh this impolitic ſyſtem, a bad government might be led to recommend a tax on the public, to perpetuate ſuch degrading benevolences; or, in other words, "give a bounty on idleneſs, and lay a duty on induſtry," and thus, under the veil of humanity, for ever deſtroy that ſpirit of induſtry, which begets good morals, and preſerves that independence which every man ought to maintain, and which is the pride of the Britiſh conſtitution, and the boaſt of the Engliſh character.

At the moment of finiſhing this ſection, I was favoured with a letter from that excellent philanthropiſt, P. COLQUHOUN, Eſq. in which, with his uſual ſenſibility for the diſtreſſes of the poor, he obſerves:

"In the miſerable manſions of the poor which have been recently viſited, we ſee no-

thing but extreme indigence, debility, and diſeaſe. Their *all* is now in the ſhops of the pawnbrokers and ſaleſmen; and nothing remains to fill up a chaſm, when they were occaſionally without food or money. Their miſerable caſe occupies much of my time, and it afflicts me to think how little our beſt offices can do: we can only alleviate—nothing but cheap food can remedy the evil—it has become too gigantic to be compaſſed by the efforts of individuals. After taking into the account *riſe of wages*, and all the additional aid afforded from *parochial relief* and *private benevolence*, the balance againſt the labouring people in the metropolis, comparing *this* year with 1798, is no leſs than *two millions five hundred thouſand pounds*, near *five millions* in two years! Such are their privations! No wonder then that they are without apparel and furniture!"

That this fact is founded on ample data, is obvious by the Reports of the Society for bettering the Conditions of the Poor *; at the ſame time it muſt afford pleaſure to every

* Section III. See page 183.

humane

humane mind to know, that this benevolent magiſtrate is indefatigably employed in his endeavours to ſcrutinize into the ſources of the evil, as well as to ſuggeſt the moſt effectual means of removing them; and under theſe impreſſions, he has drawn up a plan for a national police, which has been approved by the Select Committee of the Houſe of Commons; and from the laudable attention which many of its reſpectable members have devoted to the ſtate of the poor, he may indulge the hope of ſeeing this plan realized, as he has already that of a Marine Police, ſo important to the trade of the metropolis. Should it obtain the concurrence of Parliament, he anticipates a complete reform in the adminiſtration of the poor laws, as he intimates in a letter I had the favour of receiving; the part of which reſpecting this plan is ſo forcibly expreſſed, that I inſert it here without his permiſſion; and moſt cordially hope, that the life of the worthy magiſtrate may be long preſerved, and that he may enjoy the gratification of witneſſing the accompliſhment of his national philanthropy!

"It is to this eſtabliſhment that I look for thoſe ameliorations in the poor laws; and in the general ſyſtem with reſpect to the earnings of the labourer, which is to render eleemoſynary relief unneceſſary. I ſend you a MS. I wrote ſome years ago on the poor, but never had time to reviſe it: perhaps it may furniſh ſome hints in aid of your preſent laudable undertaking. The root of the evil with reſpect to the lower claſſes, *is in the execution of the poor laws.* If he who is able to labour cannot when in health maintain himſelf and family by his earnings, *the country is undone*; becauſe its ſurplus capital, however extenſive, muſt ſoon be exhauſted, not only by ſupporting ſuch multitudes of individuals, but by the loſs and injury which muſt ariſe from the loſs of the labour of the multitude, who look forward to ſuch aids. It is tantamount to creating a nation of paupers. It is a ſyſtem calculated to foſter indigence, and to deprive poverty (which is neither a reproach nor a misfortune in any country) of its uſeful energies. Without *poverty*, a nation cannot exiſt; it is *indigence* alone that is a real misfortune to every country!"

SECTION

T. Bernard Esqr.

SECTION III.

HINTS

RESPECTING THE SOCIETY FOR

BETTERING THE CONDITION,

AND ENCREASING THE

COMFORTS OF THE POOR.

THE ſentence with which I have concluded the preceding ſection, is ſo juſt in its diſtinction of poverty and indigence, as to render it equally applicable to its introduction here; and is excellently illuſtrated by ſimilar ſentiments in the MS. alluded to, now under my peruſal.

"By the poor, we are not to underſtand the whole maſs of people who ſupport themſelves by labour. This claſs, who labour with induſtry, become from their poverty *the very pillars of the ſtate*; for, as labour is neceſſary to the exiſtence of all governments, and as it is from the poor only that labour can be expected, or ſuch as have no ſurplus in ſtore, ſo far from being an evil under proper regulations, it is a bleſſing to have a number of poor inhabitants.

"It is not poverty, therefore, that is in itſelf a calamity, whilſt health, ſtrength, and inclination, afford the means of ſubſiſtence. The evil is only to be found in indigence, where health and ſtrength fail; or where infancy, or diſeaſe, deprive the individuals of the means of procuring the neceſſaries of life."

In this view, the poor may be divided into five claſſes.

1. *The uſeful poor,* who are able and willing to work in general employment.

2. *The*

2. *The vagrant poor*, who are able and not willing to work; or when bad character prevents them from obtaining it.

3. *The indigent poor*, who from extraordinary preſſures, want of work, loſſes, infanity, or diſeaſe, are not able ſufficiently to maintain themſelves.

4. *The aged and infirm poor*, who are paſt labour, and who have no ſurplus earnings to ſupport them.

5. *The infant poor*, who are from the death, or extreme indigence of their parents, caſt upon the public for nurture.

From this natural diviſion of the various claſſes of the poor, it is obvious, that inſtances muſt momentarily occur, to excite the ſympathy of the benevolent, and require the aid of the opulent, in times leaſt oppreſſive on poverty; and peculiarly ſo in thoſe attended with the calamities unavoidable under ſcarcity

city of food, or the viſitation of ſickneſs; but no calamity however great, or viſitation however ſevere, is unmet in this diſtinguiſhed nation by adequate exertions of philanthropy. At this moment a zeal to obviate the miſeries of the poor inflames every heart; and charity, whilſt it pervades every ſcene of miſery, pours forth its healing balm in a thouſand channels. The naked are clothed, the hungry are fed, and the ſick are viſited, and means of reſtoration inceſſantly adminiſtered. It feelingly ponders over miſery, whilſt ſenſibility invents new ſources of comfort. This is piouſly exemplified in the Society conſtituted for bettering the Condition of the Poor; where wealth, like a mighty ſtream that fructifies wherever it flows, ramifies into every avenue of diſtreſs, and refreſhes, the farther it expands. Here might be enumerated many great and good characters, who have ſoftened the rigours of the elements and ſeaſons to the poor: among them I pauſe to contemplate the virtues of THOMAS BERNARD, Eſq. whoſe fortune and time have long been devoted to

remove

remove diſtreſs from the poor man's houſe, and to pour forth the oil of joy for mourning. I wiſh not to hurt the feelings of one, who does good as it were by ſtealth; but the Foundling will remember his foſtering hand, whilſt multitudes of the poor may bleſs him who hath long adminiſtered to their wants, and kept them and their offspring from the miſeries of an impending famine, with its concomitant diſeaſes *; and ſubſtituted new and unlooked-for domeſtic comforts, in the eſtabliſhment and exertion of the Society for bettering the Condition of the Poor; a Society ſo happily calculated to ſerve the lower claſſes of the community in every civilized country, that the plan of it ought to be univerſally known, and diffuſed as far as poverty extends. I have, therefore, particularly availed myſelf of the Account of the Inſtitution, and refer the reader to the prefatory introductions to the

* This is forcibly exemplified by the *Addreſs to the Benevolent and Humane in eaſy Circumſtances on the preſent ſituation of the induſtrious Poor in the Metropolis*, by P. Colquhoun, March 27, 1801.

three

three volumes of Reports, as drawn up by the amiable philanthropiſt I have juſt introduced; whoſe obſervations equally evince a feeling heart, and an enlarged philoſophical mind.

Account

Account of the Society, its Object, Subject of Inquiry, Regulations, &c.

THE formation of a ſociety for encouraging the induſtry, and promoting the welfare of the poor, had been, in the ſummer of 1796, the ſubject of ſome converſation between the Biſhop of Durham, Mr. Wilberforce, Mr. Bernard, and a gentleman *, whoſe premature death has been ſince generally lamented. In the beginning of the enſuing winter the following circular letter was

* The Hon. Edward James Elliot;—a man, whoſe ſingular modeſty had the effect of concealing from all, but thoſe who were intimately acquainted with him, the ſuperiority of his underſtanding and the rare qualities of his mind;—in whom a ſpirit of warm and active benevolence, heightened and regulated by the moſt elevated principles of action, received a peculiar grace from a diſpoſition naturally the moſt generous, amiable, and engaging.

prepared

prepared, and addreſſed to a few friends, who, it was conceived, would intereſt themſelves in the meaſure.

SIR, 17th *December*, 1796.

THE purport of this letter is to propoſe the formation of a "Society for bettering the Condition, and increaſing the Comforts of the Poor;" an eſtabliſhment, which, we truſt, may be the means of adding much to the general maſs of national happineſs. In other liberal purſuits, the joint labours of intelligent and active men have never failed to produce conſiderable effects. Models, inventions, and experiments, have been improved, and applied to purpoſes of great importance. The ſame degree of ſucceſs may reaſonably be expected from a ſociety, formed for the improvement of the moſt beneficial of all ſciences—the promotion of the welfare of our fellow-creatures.

Its object would be——every thing that concerns the happineſs of the poor—every thing by which their comforts can be increaſed.

creaſed. To remove the difficulties attending parochial relief, and the diſcouragement of induſtry and economy, by the preſent mode of diſtributing it; to correct the abuſes of workhouſes; and to aſſiſt the poor in placing out their children in the world: in this, and in the improvement of their habitations and gardens; in aſſiſtance and information as to the uſe of fuel, ſo as to give them more benefit from it; and in adding to, and meliorating their means of ſubſiſtence, by public kitchens, and by other means—much may be done by the union of liberal and benevolent minds—much by the circulating of information, and by perſonal aſſiſtance and influence.

It muſt afford a ſtrong additional inducement to efforts of this nature to conſider, that, in proportion as we can multiply domeſtic comforts, in the ſame degree we may hope to promote the cauſe of morality and virtue. For a very gratifying relation of this, as well as for the moſt important improvements in fuel, food, and in the mode of aſſiſting the poor,

poor, the world is indebted to the philanthropy and abilities of Count Rumford.

It is not, however, merely the increaſe of the comforts and morals of the poor, great as that benefit would be, that may be effected by the propoſed eſtabliſhment: its improvements and experiments will be more or leſs applicable to farms, manufactories, private families, and to every ſituation of life. But, ſuppoſing it otherwiſe, were its object confined to the poor only; yet, to add to the plenty of a nation, by economizing its means, and to ſtrengthen, by increaſe of happineſs, the attachment which every true Engliſhman feels to his country and its invaluable conſtitution, muſt be deemed, at any time, objects of no trifling conſideration.

If you ſhould ſo far concur with us, as to give a general approbation of the plan, we ſhall hope to be honoured by your attendance at Mr. Wilberforce's, Old Palace-Yard, on Wedneſday the 21ſt inſtant, at a quarter before two o'clock; in order to conſider of the

formation of the ſociety, and of the outline of the neceſſary regulations.

We are, Sir,

Your obedient humble ſervants,

THO. BERNARD.
W. WILBERFORCE.
ED. J. ELIOT.

A meeting was accordingly held on the 21ſt of December, 1796; when the gentlemen preſent came to a reſolution to form themſelves into a Society for bettering the Condition and increaſing the Comforts of the Poor; and appointed a ſelect committee to prepare a draft of regulations for the conſideration of the ſociety.

HIS MAJESTY, BEING INFORMED OF THE PLAN AND OBJECT OF THE SOCIETY, WAS GRACIOUSLY PLEASED TO DECLARE HIMSELF THE PATRON OF IT.

At a ſubſequent meeting the Society came to the following reſolution.

RESOLVED, That the general object of the Society be to collect information reſpecting the circumſtances and ſituation of the poor, and the moſt effectual means of meliorating their condition; in order that any comforts and advantages which the poor do now actually enjoy in any part of England, may eventually be extended to every part of it, with as much improvement and additional benefit as may be to the poor; and with a tendency, gradually to diminiſh parochial expences. For the attainment of theſe ends, it appears to the Society, that the circulation of *uſeful* and *practical* information, derived from experience, and ſtated *briefly* and *plainly*, ſo as to be generally read and underſtood, may be of very great national and individual benefit; and may induce and enable all well-diſpoſed perſons, to unite in the promotion of an object ſo important to the happineſs and welfare of the community at large, and particularly of that valuable branch of it, the labouring poor.

The

The following are ſelected as the ſubjects of information, upon which the Society is deſirous of obtaining and circulating information:

PARISH RELIEF—how it may be beſt directed for the benefit of the poor.

FRIENDLY SOCIETIES—their good effects, and how they may be beſt encouraged.

PARISH WORKHOUSES—the amendment of them.

COTTAGES—the increaſing the comfort and neatneſs of them.

COTTAGE GARDENS—and the means of enabling the cottager to keep a cow, or of ſupplying him with milk.

PARISH MILLS for corn; and pariſh ovens.

VILLAGE SHOPS, for better ſupplying the poor with the neceſſaries of life.

VILLAGE KITCHENS, and ſoup-ſhops.

COTTAGE FIRE-PLACES and chimneys—the improvement of them.

FUEL—how the poor may be better ſupplied with it.

APPRENTICES to manufactures, and all pariſh apprentices.

COUNTY GAOLS—the means and effects of reforming them.

BEGGARS—the leaſt exceptionable modes of aſſiſting them.

PUBLIC ROOMS for the reſort of the induſtrious poor in cold weather.

On the 24th of February, 1797, the Society came to a reſolution "that, in conſideration of the extraordinary ſervices of Count RUMFORD for the benefit of the poor, and as a teſtimony of the reſpect and eſteem with which this Society regards his ſervices in promotion of the general object of the inſtitution, he be elected and declared a member

ber of the Society, and one of the general committee, for life."

Regulations adopted by the Society.

1. That the buſineſs of the Society be conducted by the committee.

2. That a preſident, four vice-preſidents, and a ſecretary, be elected annually, on the firſt Friday in February, out of the committee.

3. That every perſon propoſed for election as a member of the committee, be nominated one month at leaſt previous to election, and the propoſal be entered in the minute-book; and when the names of ſeven members of the committee ſhall be ſubſcribed to the recommendation, the committee ſhall proceed to election by ballot, when two black balls ſhall exclude; and the perſon propoſing him ſhall, in caſe of his election, pay down

his donation of 50 guineas, or his annual ſubſcription of 5 guineas.

4. That the attendance of five members, at the leaſt, be neceſſary to form a committee; but that no election do take place, in any meeting compoſed of leſs than ſeven members.

5. That all queſtions be decided by ballot, if called for.

6. That ſub-committees may be appointed by the committee (conſiſting of two or more of its members) for particular purpoſes, and with ſuch powers as the committee may think fit to delegate to them.

7. That no future regulations have effect, until approved by a ſubſequent meeting of the committee: and that no orders of any ſub-committee (unleſs under a ſpecial authority) be binding, unleſs confirmed by the committee.

8. That the ordinary meetings of the committee be holden at 12 o'clock preciſely, on the firſt Friday in each month, or at ſuch day and hour as the committee ſhall adjourn to; and

and that every Friday (Good Friday excepted) be continued as an open day for holding a ſub-committee, at the office-houſe, at 12 o'clock.

9. That, if there ſhould be occaſion to ſummon a ſpecial committee on any particular buſineſs, the ſecretary may, on a requiſition in writing of five members, ſummon the ſame, giving three days notice; but that no buſineſs ſhall be tranſacted in ſuch committee, except what ſhall have been notified in the ſummons.

10. That the front parlour of the houſe, No 3, Parliament-ſtreet, be entirely occupied as the office of the Society; leaving for the ſecretary, Mr. Martin, all the reſt of the houſe, except at the times of the weekly or other meeting of the committees, when the front drawing-room will be alſo required by the ſociety.

11. That the office hours be from 12 to 4 o'clock.

12. That it be the duty of the clerk to be preſent in the office, during the office-hours,

under the direction of the ſecretary (whoſe orders he is to obey) to copy the minutes and other papers of the Society, and to attend on the members and other perſons coming to the office.

13. That ſubſcriptions be received by Meſſrs. Ranſom, Morland, and Co. Pall-Mall, bankers to the Society; or by Meſſrs. Smith, Payne, and Smith, George-ſtreet, Manſion-houſe, and Meſſrs. Hoares, Fleet-ſtreet, who will pay over the ſame monthly to Meſſrs. Ranſom, Morland, and Co. and take their receipt for the ſame; and all ſubſcribers of ten guineas in one donation, or of one guinea annually, will be entitled to two copies of each publication, and ſo in proportion upon any larger ſubſcription.

14. That the ſubſcriptions received by Meſſrs. Ranſom, Morland, and Co. be placed to the account of the Society, ſpecifying the ſubſcription of each individual: and that drafts on account of the Society be made by order of the committee, and be entered in the minutes of the day; and be ſigned by the preſident and one of the vice-preſidents, or by

two

two of the vice-preſidents, and counter-ſigned by the ſecretary.

15. That Societies, formed in the country for purpoſes ſimilar to the objects of this Society, be entitled to two copies of each publication, for every guinea ſubſcribed by them, in like manner as an individual ſubſcriber.

16. That donations to the Society be either occaſional or annual, and the continuation of annual donations merely optional; but that no member continue ſo any longer than while his or her donation (if annual) ſhall be paid regularly on the firſt day of January in each year, or within ſix months time.

17. That every annual donation be for the whole, or the remaining part, of the year in which it is paid, computing to the 31ſt day of December; and do entitle the donor to copies of all publications of that year.

18. That any two or more donations made within the year, by any one perſon, may be deemed a ſingle donation, if of ſufficient amount, for the purpoſe of entitling the contributor to be a member for life.

19. That

19. That communications, read at any meeting, ſhall be only for conſideration; and may be altered or corrected at any time, before they are ordered to be printed in the report.

20. That no publication of any paper be made, except by the order of the committee.

21. That all communications publiſhed by the Society in their Reports ſhall conſiſt of, firſt, a conciſe ſtatement of the fact which is the ſubject of the communication; and, ſecondly, practical obſervations and deductions ariſing out of that fact, and applicable, either to the particular object, or to the poor generally: and, that individuals, and ſocieties in the country, diſpoſed to favour this Society with any communications, be requeſted particularly to attend to this reſolution.

22. That, though extracts from letters, or from other valuable papers communicated to the committee, are, ſtrictly, not admiſſible into the Reports, yet they may, at the diſcretion of the committee, be inſerted in an appendix, which is intended to be added to each volume of the publications of the Society.

23. That

23. That a general meeting of the ſubſcribers be holden in the month of February in every year, to receive a report of the finances of the Society, and on the tranſactions of the preceding year, and to conſider the ſame.

☞ Contributors are requeſted to make their donations payable by their reſpective bankers, giving in to the Society ſuch bankers' names; and leaving with ſuch bankers their orders for their diſcontinuance, if they ſhould think fit to diſcontinue them.

Addreſs

Addreſs to the Benevolent and Humane, in eaſy Circumſtances, on the Preſent Situation of the Induſtrious Poor in the Metropolis.

27 MARCH, 1801.

FROM the exceſsive high price of every article of the firſt neceſsity, and from the great length of time that the preſſure upon the lower claſſes of the people has continued, it is not difficult to conceive, that a conſiderable degree of diſtreſs muſt prevail very generally, at this time, among the Poor of the Metropolis; but the degree and extent of this diſtreſs, and the effect it has produced, and is daily producing, can only be eſtimated by thoſe who have been engaged in diſtributing the very partial and inadequate relief, which has been afforded by the benevolence of a certain

certain proportion of the opulent and humane; and who have been induced *(from a deſire to diſcriminate accurately)* "*to viſit the miſerable habitations of ſorrow and pain, and inquire into the true ſituation of thoſe who are forſaken by the world, and who are ſuffering under the afflicting hand of extreme poverty and wretchedneſs.*

In liſtening to the juſt and accurate, though melancholy details, which are given by thoſe benevolent individuals who have undertaken the humane taſk of ſurveying the miſerable manſions of the Poor in the Metropolis, at the preſent eventful period; the deſcription given of the ſhocking condition of a very conſiderable proportion of the labouring people, will ſhew how indiſpenſably neceſſary it has become, on the part of men of all ranks and deſcriptions, in eaſy circumſtances, to attend to their calamitous ſituation.

I. It appears, from the length of the preſſure, that taking one family with another, at leaſt two-thirds of their little property, and

even

even neceſſary apparel, and a certain portion of their working tools, are either pledged to the pawn-broker, or irrecoverably loſt by a ſale at an under value, to the different dealers in ſuch articles.

II. They are from this unavoidable preſſure, in many inſtances, without a bed for themſelves or their children to lie on, and without a blanket to cover them. They are without the comforts of neceſſary furniture, or cooking utenſils; and compelled to part with one neceſſary garment after another; they are found, from *nakedneſs, miſery,* and *want of food,* unable to appear, in many inſtances, in public. Their former reſources for procuring ſubſiſtence for their families are by this calamity cut off, and hence their diſtreſſes multiply.

III. The parochial workhouſes are too limited in extent, to afford an aſylum to one-fifth part of thoſe who ſuffer under the preſent preſſure. The whole of theſe receptacles have been long ſince much more than full.

full. In moſt of them, the paupers lie three, and in ſome, even *four, in a bed.* Such multitudes of filthy, and in many inſtances, infected perſons, huddled together, unavoidably produce diſeaſes; and hence has ariſen much of the mortality which is known to have prevailed in workhouſes.

The relief afforded to families who could not be admitted (although this relief has been very generally augmented of late) has ſeldom exceeded *five,* and is not ſuppoſed to average, upon the whole, above *two or three ſhillings weekly*; a pittancen ot more than ſufficient to pay the rent of a miſerable lodging, and ſeldom admitting of any ſurplus for food or raiment.

IV. The aſsiſtance given through the medium of Soup-houſes, and other repoſitories for food at reduced prices, although it embraces a wider range *(and although it is alſo evident now beyond all doubt, that, but for this relief, many thouſands muſt have periſhed during the laſt and the preceding winter),* is now found inade-

inadequate to the preſsing wants of the poor, who are daily increaſing.

V. In the beſt of times it is well known that the labouring people, having families to ſupport, were under difficulties to make the two ends meet, in ſo much that a temporary ſickneſs, or the death or birth of a child, compelled them to reſort to the pawn-broker's ſhop, to obtain what was neceſſary to fill up the chaſm. What muſt, therefore, their privations be at preſent, when every article of the firſt neceſsity may be conſidered, on the moſt moderate computation, to be at leaſt, upon an average, 60 *per cent.* above the coſt of the ſame neceſſaries in 1798?

When it is thus rendered ſelf-evident, that the means of ſubſiſtence to ſo large an extent have been cut off; and farther, that the preſſure has continued fully eighteen months; it ceaſes to be a matter of wonder that the poor are *naked,* and without a ſufficient *portion of food.* In this advance upon the neceſſaries of life, is to be traced the cauſe of all the calamities which

which are ſuffered; and it applies, with ſome ſhades of difference, to the poor of the whole nation. It is an evil which can only be effectually remedied by a reduction of the prices of the articles of the firſt neceſsity, to their former ſtandard; but as no human exertion can ſuddenly effect this moſt deſirable object, whatever can be accompliſhed for the purpoſe of alleviating the diſtreſs, becomes an important deſideratum; and the meritorious and peaceable demeanour of the poor, and their patience and reſignation under ſuch unexampled privations, joined to the excefsive ſufferings they are at preſent doomed to indure, are, together, incentives more powerful than ever, on any other occaſion, preſſed upon the attention, or excited the humanity or compaſsion, of the opulent, or thoſe who have the means of affording relief.

Nor ought it to be argued that the pariſhes muſt take this duty upon them, *and lay additional aſſeſſments.* Such, indeed, now have become unavoidable: but the ſyſtem of parochial relief is neither ſo *economical,* nor is it

poſsible to embrace the wide range which has become now not leſs a matter of *neceſsity* than *humanity*.

The preſſure of the times not only requires all that it is poſsible to do, through the medium of parochial relief, upon the moſt extended ſcale, but alſo every aid that can be obtained from private benevolence. Both are indiſpenſably neceſſary, the firſt to aid thoſe who have actually deſcended into indigence, and are of the claſs of pariſh paupers; and the ſecond to prop up others, who, but for ſome aid, muſt fall into the ſame ſpiritleſs and degraded ſituation. *After* every thing is obtained that can poſsibly be expected, as means of alleviation, the poor muſt ſtill continue to ſuffer many privations. The additional attention, however, which may be thus beſtowed on them, and the ſympathy manifeſted for their ſufferings, will excite *patience*, and promote *exertion* for the purpoſe of *aſsiſting themſelves*, in a greater degree than is poſsible, under the *deſpondency* and *weakneſs* which the want of a *ſufficiency of food* never fails to promote;

note; especially when combined with *nakedness*, and the pressures and distresses arising from an infant family, crying for nutriment, which the parents, reduced to the last extremity, after pawning every thing they possess, have not the means of procuring.

While the Executive Government and the two Houses of Parliament are sedulously employed in devising every means to lessen this afflicting evil, and while the attention bestowed on this object by the Legislature is unexampled in all former periods; it must be the inclination of every humane individual, on an occasion so urgent to lend a helping hand, by such pecuniary aids as they can afford, even at the expence of some privations.

If farther arguments are wanting to excite a disposition to contribute to the alleviation of such accumulated distress, it could be stated with truth, that such is the impression which a view of the miserable abodes of the poor has made on not a few of those benevo-

lent individuals who have viſited them; that they found it impoſsible to detail the ſufferings they witneſſed without burſting into a flood of tears. Theſe ſufferings are omitted in this Addreſs, as too painful and ſhocking for the public eye; but they are ſufferings which thoſe, who have attentively conſidered the ſtate of the poor in different parts of the metropolis, muſt have long ſince anticipated; and they are ſuch as it is earneſtly hoped will excite univerſal compaſsion and benevolence in all who are bleſſed with the means of affording relief.

SECTION

SECTION IV.

HINTS

RESPECTING THE SOCIETY FOR

THE DISCHARGE AND RELIEF

OF PERSONS IMPRISONED FOR

SMALL DEBTS.

In a free country, where a ſpirit of energy and commercial enterprize pervades moſt ranks of the community; whilſt many individuals riſe to fortune and rank, others by various viciſſitudes experience a melancholy reverſe; ſome of theſe may originate from miſconduct, aggravated by diſhoneſt motives,

but many more from good-natured or indiſcreet confidence, diſappointments in trade, or increaſing and unavoidable expences in living; at the ſame time the laws in this country, which allow a creditor to confine a debtor, do not make that clear demonſtration, which moral juſtice would dictate; for it muſt be natural to conclude, that when an unfortunate debtor has given up every atom he poſſeſſes, mercy would ſuperſede the rigid exerciſe of the law, and plead in favour of perſonal liberty, and of the free agency of thoſe talents which alone can enable him to acquire the means of compenſation to his creditor, or of ſubſiſtence to his family, or the dependents on his induſtry.

The author of the Chriſtian Religion, in the exerciſe of undeviating benevolence, which he inculcated by the perſuaſion of language, and enforced by the influence of example, extended the moſt benignant compaſsion to the afflicted priſoner; an example that hath been humbly imitated by many great and good characters, among which I

contem-

J. Veitch Esq.

contemplate with reſpectful admiration, the living HOWARD, in that indefatigable philanthropiſt JAMES NIELD, whoſe *ſilhouette* is annexed. The ardour, and ſpirit of humanity, which rendered him one of the active inſtitutors of this Society, continue to animate exertion, and give expanſion to his endeavours, to ſeek out miſery in the dark receſſes of confinement, in order to ſuccour it, by feeding the hungry, and reſtoring liberty to the captive. Under theſe influences he has juſt publiſhed "An Account of Perſons confined for Debt in the various Priſons of England and Wales; together with their proviſionary Allowance during Confinement, as reported to the Society for the Diſcharge and Relief of Small Debtors, in April, May, June, &c. 1800." In the advertiſement to which, he obſerves:

"To the conſiderate reader of the following ſtatement, a few obſervations muſt naturally occur.

"He will feel for *their* pitiable ſituation, who, though confined in priſon, have, in ſome inſtances, no ſupport at all provided for them: in many, ſcarcely bread to eat ſufficient to ſuſtain life; and whoſe caſe, therefore, very powerfully calls for the humane interpoſition of the magiſtrate. He will find, with painful aſtoniſhment, that, after eight and twenty years ſince the inſtitution of the Society for the Relief and Diſcharge of Debtors, no leſs than twenty-five priſons in England and Wales, ſome of them in large populous towns, and others very near the metropolis, "never heard of" ſo amiable and excellent a charity! The fact is on record, from the avowal of the reſpective gaolers; and it muſt have conſiderably leſſened the intended benefit deducible from the Society's plan.

"The Committee have now diſtributed their painted boards of inſtruction throughout the various gaols; and ſincerely hope, that the magiſtracy, in every diſtrict of the kingdom, will kindly further the views of this Society, by an occaſional inquiry into the

ſtate

ſtate of impriſoned debtors; and by an inſpection, now and then, into the manner of their treatment and accommodation in the dreary abodes of human wretchedneſs.

" Ah! little think the gay, licentious proud,
Whom pleaſure, power, and affluence, ſurround;
They, who their thoughtleſs hours in giddy mirth
And wanton, often cruel riot, waſte:
Ah! little think they, while they dance along,
How many pine in want, and dungeons glooms,
Shut from the common air, and common uſe
Of their own limbs! how many drink the cup
Of baleful grief, or eat the bitter bread
Of miſery!—For, ſure, th' awakening thought
The conſcious heart of charity would warm;
The ſocial tear would riſe, the ſocial ſigh;
The ſocial paſſions work!"

THOMSON.

The active members of the Society were ſo impreſſed with a ſenſe of the utility of this *Account of Perſons confined for Debt*, that they unanimouſly adopted and publiſhed the following reſolution:

SOCIETY

SOCIETY for the DISCHARGE and RELIEF of PERSONS IMPRISONED for SMALL DEBTS.

Craven-ſtreet, Feb. 17, 1801.

AT a meeting of this Society, held on Wedneſday, the 11th inſtant.

Preſent, the Right Hon. Lord ROMNEY, Preſident, in the Chair.

THOMAS EDWARDS FREEMAN, ESQ.
THOMAS SMITH, ESQ.
ARCHIBALD HAMILTON, ESQ.
JAMES MUSGRAVE, ESQ.
THOMAS PITT, ESQ.
JOHN WARD, ESQ.
SAMUEL WELENMAN, ESQ.

Reſolved unanimouſly, That the Thanks of this Society be given to JAMES NEILD, Eſq. our worthy Treaſurer, for his very laudable, humane, and uſeful exertions, in promoting the benefits of this Inſtitution; particularly by his late publication of "A Statement of Debtors in the Priſons of England and Wales."

Ordered,

Ordered, That the ſame be publiſhed in the daily papers.

R. GRASSWELL, Secretary.

THE more I ſcrutinize into the benevolent characters of the preſent day, the more am I convinced of the increaſe and extenſion of public liberality, and private virtue, among every claſs of the community. The following letter will be read with a mixture of admiration and delight, and is in itſelf ſo impreſsive, as to render comment ſuperfluous; for it is a diſintereſted effort of virtue, overcoming the allurement of perſonal intereſt.

"MY DEAR SIR,

Chelſea, 25 March, 1801.

"NO ſooner had the Society publiſhed their Vote of Thanks, than I was ſurprized with the receipt of a bank note of One Thouſand Pounds. It came by Penny Poſt, in a blank cover, neither Name nor Signature, addreſſed

James

James Neild, Esq.

Cheyne Walk,

Chelsea.

"Having no doubt whatever in my own mind that it was intended for the Charity, I announced it as such at our next meeting.

"Lord ROMNEY, and the Gentlemen of the Committee, were of opinion it was intended for myself, not being addressed even in my official capacity; and a Minute to that effect was about being entered on our books.

"I solemnly declared, I would enter my Protest against it; as, *in Foro Conscientiæ*, I believed it meant for the Society; and so far disclaimed all right or title to it, that, should it hereafter appear to be meant for myself, I declared it to be the property of the Society.

"Whatever might be the intent of the philanthropic donor, there was certainly inaccuracy, and even carelessness, to send so large a sum

a ſum by Penny-Poſt *. To you, my good Sir, I have no occaſion to ſay the heart-felt gratification this act conveyed, or how much ſuperior to pecuniary conſideration is the

Mens ſibi conſcia Recti.

"God bleſs you. Adieu.

"James Neild."

To Dr. Lettsom.

SOON after I was favoured with the intereſting performance I have alluded to, I received the following letter, with the inſertion of which I hope the writer will not be diſpleaſed, as it may tend to ſtimulate many a reader to follow his example, as he has followed his Redeemer's.

"I HAVE the honour of yours, and feel myſelf extremely gratified by the approbation you are pleaſed to expreſs of my humble endeavours to alleviate the ſorrows of the afflicted.

* This bank note could not be traced, as it had been iſſued from the Bank at leaſt three years before it was received by Mr. Neild.

"The

"The book which is publiſhed, is an abridgement of a folio MS. in which the names, dates of commitment, and ſums for which each individual is confined, are inſerted; the publication of it would be too voluminous for peruſal, and cruel to their relatives.

"I have endeavoured to ſhew the wretched ſtate of ſome priſons, and the great inequality of proviſion for the debtor, with as much brevity as poſsible, that it may be read by the great.

"Where I have found the gaoler humane and merciful, I have mentioned it, to encourage the ſame diſpoſition in the others. Having, during a period of twenty-eight years, viſited moſt of the priſons in England, I know fully how much a gaoler has it in his power to *forward* or *retard* the works of mercy.

"I have juſt begun enquiries of *each*, to know which of the perſons (arranging their names alphabetically) are diſcharged, or yet in

in their cuſtody; by this means no perſon can remain very long in priſon without my knowing the reaſon.

"To ſhew the *neceſsity* for periodical enquiries, I ſhall adduce two proofs out of very many, *viz.* David Davies, committed to the gaol of Dolgelly, 25th of March, 1786, died in that priſon laſt December. Hugh Robert Evans, committed to the ſame gaol, 8th of March, 1785, debt 27l. 5s. 6d. the coſts of which in all probability amount to two thirds of the 27l. 5s. 6d. is yet a priſoner there, 76 years of age, and has only 1s. 6d. per week to live upon.

"The ſeparation of debtors and *vagrants* from felons, has often excited my attention. The encloſed letter from me was addreſſed to the Lord Mayor.

"To

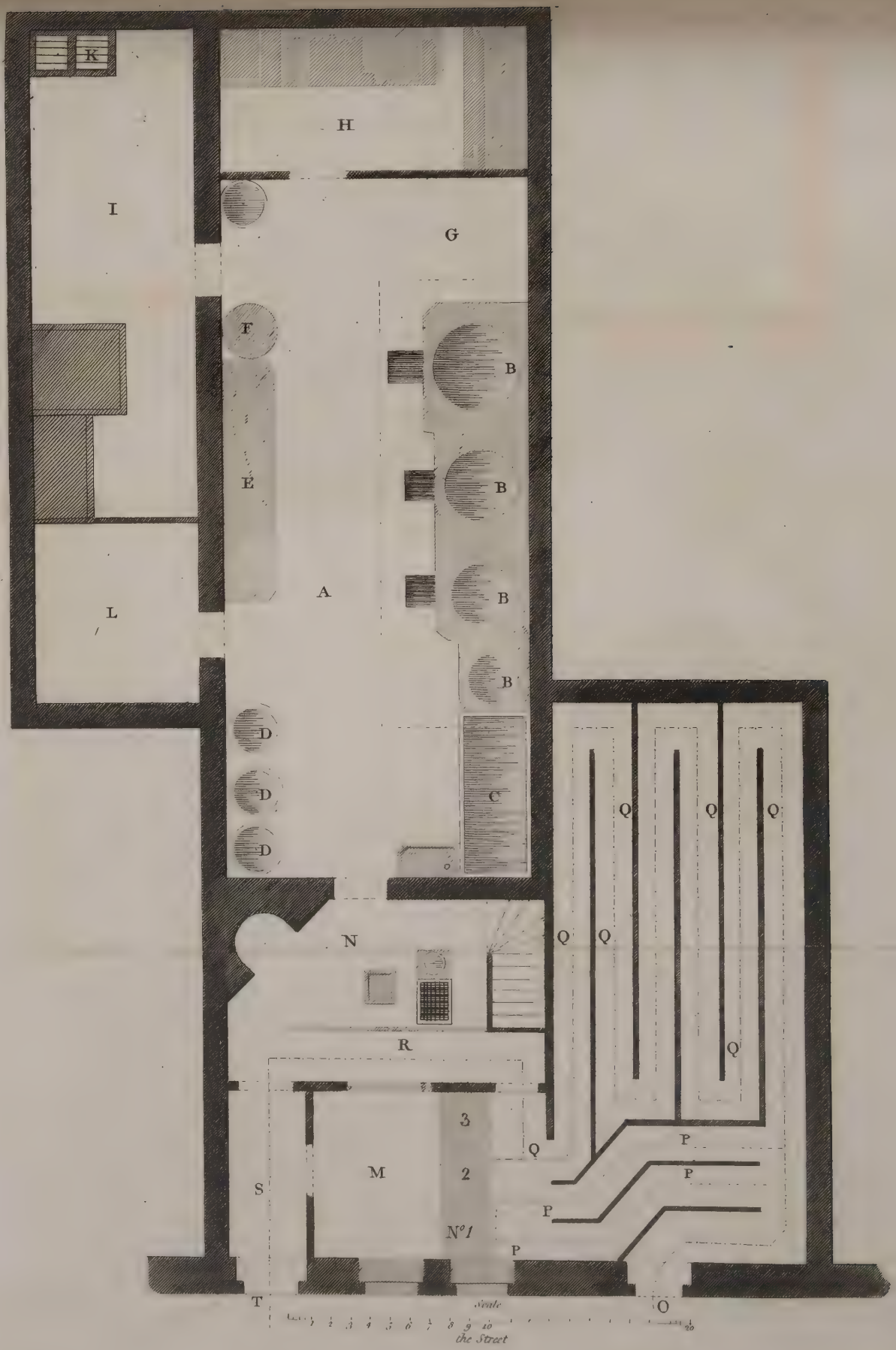
" To the Right Hon. the LORD MAYOR.

" My Lord,

" I TAKE the liberty of addreſsing your Lordſhip upon a ſubject which I doubt not will excite your compaſsion, and the exerciſe of your authority, towards the objects to it.

" As Treaſurer to the Society for Relief of Perſons impriſoned for Small Debts, I have for ſeveral months been viſiting many, and enquiring into the ſtate of all, the priſons in England and Wales, and comparing it with that of the late Mr. Howard.

" On the 20th inſt. I viſited the Poultry Compter; and ſeeing two children, the eldeſt of whom appeared about twelve or thirteen, confined amongſt the felons, I naturally enquired the cauſe; Mr. Teague, the gaoler, informed me, they had been ſent there ſome months ago as vagrants. I then aſked, if they



GROUND PLAN *of the* SOUP HOUSE,

in Orchard Street Westminster.

they had been guilty of any crime? and was aſſured, No! One of the boys appears extremely ill; his head one continued ſore.

"Now, my Lord, permit me to ſay, their temporal ruin muſt inevitably enſue from ſuch an *aſſociation* and *confinement*; and that it would be an act worthy your exalted ſituation, to ſend the one to the Philanthropic Reform, and the other to the Hoſpital, till he can be received *there*, or by the Marine Society.

"I have the honour to be,

"My Lord,

"Your Lordſhip's

"Moſt obedient,

"and moſt humble ſervant,

"JAMES NEILD."

"P. S. There are two wretched females in the priſon, who, by the Turnkey's account, are in ſuch a diſeaſed ſtate, as to make one ſhudder; a recommendation to the ſurgeons might ſave them from periſhing!"

"*Chelſea, 22 Auguſt*, 1800."

" To JAMES NEILD, Esq.

" Sir,

" I AM much obliged to you for the information you have given me about the Poultry Compter. The matters you mention I was totally ignorant of; but I will directly enquire into them, and correct them.

" I am, Sir,

" Your moſt obedient ſervant,

Manſion Houſe,
23 Aug. 1800.

" H. C. COMBE."

" HONOURED SIR,

" THE Right Hon. the Lord Mayor having favoured me with your very humane letter, addreſſed to his Lordſhip, in behalf of the boys confined in the felons ward, I have the pleaſure to inform you, that his

his Lordſhip has recommended them to the Marine Society; the Women alluded to in yours, are ſent to the Hoſpital.

"I alſo inform you, that the Committee of City Lands do not meet on buſineſs this month; but as ſoon as they do, an immediate application will be made to make ſome alteration in the priſon, for the better accommodation and ſeparation of the vagrants from the felons' ward.

"I am, honoured Sir,

"Your humble ſervant,

Poultry Compter,
27 Aug. 1800.

"JOHN TEAGUE."

"*To James Neild, Eſq. Chelſea.*"

WHATEVER breach of confidence I may appear guilty of, in publiſhing private correſpondence; I truſt, the gratification which the

benevolent muſt experience, in the peruſal of the following letter, will afford a forcible apology for its inſertion here.

" DEAR SIR,

" WHEN I acknowledge the receipt of your polite letter, I cannot accompany it with any thing which I am ſure will be ſo grateful to your feelings, as the ſtatement of thoſe debtors who remain in priſon, out of the number included in my *publiſhed Report.*

" Some of theſe are under *particular*, and others very *diſtreſsing* circumſtances.

" The caſe of Hugh Robert Evans, who has been upwards of fifteen years confined in the gaol of Dolgelly, at the ſuit of Owen Owens, *Gentleman*, for 27l. 5s. 6d. ſtands upon record ſuch an inſtance of ſeverity, that I ſhall only obſerve, " Fiat Juſtitia, ruat Cœlum."

" A letter

" A letter which I received the other day, repreſents him as almoſt periſhing, having only One Shilling and Six Pence per week to live upon, Seventy-ſix Years of Age !

" The amiable character I had heard of Sir Robert Williames Vaughan, M. P. for Merionethſhire, induced me to call at his lodgings, No. 5, Haymarket. Not finding him at home, I ſent him my State of Priſons, and a letter on poor Evans's caſe.

" I have not yet been honoured with an anſwer : therefore, at our laſt Committee, requeſted Ten Pounds (the utmoſt we can give for an individual) might be offered to his plaintiff for a full diſcharge.

" To this no anſwer has as yet been received. The priſons, I find, are extremely crowded ; to which two circumſtances, both recent in their operation, have contributed ; *viz.* the extreme preſſure of the times, and

the general expectation of an Act of Inſolvency.

"I truſt the wiſdom of Parliament will interpoſe its authority, and regulate the laws betwixt Debtor and Creditor.

"To proportion the time of impriſonment to the magnitude of the *debt*, would frequently prevent its wanton increaſe.

"I have known many inſtances, where a debtor has offered eight, nine, and ten ſhillings in the pound to his creditor; which not being accepted, he has (very naturally) expended it for his ſupport in priſon.

"Fees and *lodgings* aboliſhed, and a ſalary from the county allowed to the gaoler, would have the moſt ſalutary effects.

"Where a gaoler has not only no ſalary, but a rent to pay; where his demand increaſes with the confinement of the debtor: if

if I arreſt a man, and after throwing him into gaol I find him incapable of payment and forgive him, you would naturally ſuppoſe him at liberty. "No," ſays the gaoler, "my demand for priſon-fees and *lodgings* amounts to ſo and ſo; and I will detain him till theſe are paid." Thus is a Gaoler a Judge, Jury, and Executioner.

"For this very powerful reaſon, have I endeavoured to humanize their hearts, by promiſing to record their works of mercy, to reſcue them from general obloquy, and rank them amongſt the valuable members of the community.

"From the reports I daily receive, it will have its effect.

"An equal proviſion during confinement is too obvious to need comment on its neceſsity.

"I have before me a letter which I received yeſterday from Rothwell goal, ſigned

by forty-four perſons, who ſay they are abſolutely ſtarving, having no allowance but water, and moſt of them poor manufacturers.

" To charge the window-duty on priſons is, in my opinion, *impolitic* * ; the excluſion of light and air engenders diſeaſe, and renders the viſitation extremely dangerous to thoſe whoſe office it is. Indeed, I know this by ſad experience, having caught the gaol diſtemper in Warwick old priſon, from which I did not recover for twelve months. This, I repeat, is a great reaſon, with a little inſinua-

* KNARESBOROUGH CASTLE.

William Ellison, Keeper.

No Chaplain.———Debtor One.

No allowance whatever. In a letter dated 29th June, 1800, the only priſoner here was William Elmſley, committed for debt, 30th of June, 1799; who ſays, " Any perſon wiſhing to ſee him, upon obtaining the Gaoler's leave, muſt paſs through ſix doors: the yard he has to walk in is only ſix yards by four; the window and wall ſo high, that he has very little light, or air. He had a fellow priſoner, but he only lived ten weeks; and the preſervation of his own life was owing to the gratuitous attendance of ſurgeons *Day* and *Dent*." Elmſley's debt was 28l. 12s.

tion

tion from the keeper (to hide his faults) that ſome of the priſoners are ill, why the *outſides* of the abodes of human wretchedneſs are too frequently *only examined.*

" Having now finiſhed my Reports for this year, I ſhall commence my viſits to the gaols of the metropolis, and to ſuch parts of the country, as health and leiſure will allow; thereby enriching my Folio Work with ſuch obſervations and remarks as may be uſeful to my ſucceſſor.

" The approbation of the humane and learned has encouraged me to proceed.

" I cannot conclude better than with the words of the late Dr. Franklin on the infancy of our Inſtitution; ſo with reſpect to my late publication: " Hereafter we may truſt, (and may the obſervation be prophetic!) it will riſe *in ſtature, and grow in favour with* GOD *and Man:* this little rivulet ſhall one day ſwell into a wide and copious ſtream, that ſhall diffuſe plenty and proſperity on every ſide

ſide of it: It ſhall *abound like Euphrates, and like Jordan in the time of harveſt;* this *grain of muſtard ſeed,* to conclude with the image made uſe of by our Bleſſed SAVIOUR himſelf, which at preſent, indeed, is the *leaſt of all ſeeds,* ſhall one day be the *greateſt among herbs, and become a tree, ſo that the birds of the air ſhall come and lodge in the branches thereof.* Which GOD of his infinite mercy grant!" And that He may keep you in His holy protection, is the fervent prayer of,

"Dear Sir,

"Your moſt obliged,

"and faithful humble ſervant,

Chelſea,
26 March, 1801.

"JAS. NEILD."

"*To Dr. Lettſom.*"

I CAN-

I CANNOT conclude this Section, in any other manner, ſo uſefully as by the following Hints and Obſervations for the improvement of the preſent exiſting laws reſpecting impriſoned debtors, obligingly communicated to me by the benevolent Treaſurer, and liberal ſupporter of the Society, I have now briefly deſcribed.

Firſt. A total abolition of fees and lodgings, and a ſalary allowed by the county to the gaoler in lieu thereof: becauſe when a debt is liquidated by being forgiven, by Superſedeas, or an Act of Inſolvency—the gaoler detains the debtor for fees and *lodgings*, during pleaſure, or even life, and his debt encreaſes with his inability to pay it—thus the Gaoler becomes Judge, Jury, and Executioner.

Secondly. An equal county proviſion to every *certificated* debtor throughout the kingdom,

dom, *certificated* as paupers by the magiſtrate: becauſe in ſome gaols the county allowance is two ſhillings, one ſhilling and ſixpence, one ſhilling and nine-pence, *per week*; whilſt in many places there is no allowance at all.

Thirdly. The time of impriſonment for ſums not exceeding any given ſum, ſay 100l. to be proportioned to the magnitude of the debt: becauſe, when a man finds himſelf inſolvent, and in daily expectation of impriſonment, he often times wantonly increaſes his debt, becauſe he ſhall as ſoon get his diſcharge for 100l. as 20l.; and I have known many debtors who offered ſeven, eight, nine, and ten ſhillings in the pound to their creditors, on their commitment; which being refuſed, they have (very naturally) ſpent for their ſupport in priſon. If the magiſtrates at quarter-ſeſſions were impowered to receive this compoſition, and leſſen the quantum of impriſonment, it would ſerve excellently to diſcriminate betwixt the *unfortunate* and *fraudulent* debtor. On this ſubject I could ſay much.

Fourthly,

Fourthly. A power in the quarter-ſeſsions to grant a debtor his ſixpences, becauſe in ſome counties the aſsizes are held only *twice* a year, and in others only *once:* the creditor muſt have fourteen days clear notice, which through the poverty or ignorance of the debtor, or neglect of the attorney, is *very* frequently neglected; ſo the poor wretch muſt lay at leaſt half a year, perhaps a year, or years, in gaol, without benefit from that benevolent act.

Fifthly. That a notice ſerved on the plaintiff's attorney ſhould be deemed a legal notice: becauſe it is allowed in England; whereas, in Wales, the notice muſt be ſerved on the creditor himſelf, who may perhaps live eighteen or twenty miles from the gaol. When the poor debtor has collected as much money as will pay a perſon to undertake a journey through a mountainous and almoſt pathleſs country, the creditor may be from home, in a very diſtant part, or the meſſenger may pocket the money and never go at all—we have inſtances of this ſort.

Sixthly. An encouragement to work, by ſome manufactory eſtabliſhed by the county, with whom the riſque of the ſale of the articles ſhould lay, and two-thirds of the profit given to the debtor.

N. B. It is leſs criminal to permit inaction, than to compel it, which muſt be the caſe where there is no opportunity to work.

Seventhly. A chaplain to every gaol, and non-attendance on Divine Service (except in ſickneſs) puniſhed by ſhort allowance.

Eighthly. An exemption from window-tax in every priſon: becauſe excluſion of light and air engender diſeaſe.—This you know better than me.

Ninthly. An entire ſeparation from felons: becauſe, in the language of our great moraliſt Johnſon, "From ſuch an aſſociation ſprings every corruption which *poverty* and *wickedneſs* can generate between them, with all the ſhameleſs and profligate enormities that

that can be produced by the imprudence of ignominy, the rage of want, and malignity of deſpair.

" In a priſon, the awe of the public eye is loſt, and the power of the law is ſpent; there are few Fears, there are no Bluſhes.

" The lewd inflame the lewd, the audacious harden the audacious. Every one fortifies himſelf as he can againſt his own ſenſibility, endeavours to practiſe on others the arts which are practiſed on himſelf; and gains the kindneſs of his aſſociates by ſimilitude of manners.

" Thus ſome ſink amidſt their miſery, and others ſurvive only to propagate villainy."

Intro-

Introduction to the Account of the Riſe, Progreſs, and Preſent State, of the Society for the Diſcharge and Relief of Perſons impriſoned for Small Debts, throughout England.

THE preſent charity derives its humble origin from a ſermon preached at Charlotte-Chapel, Pimlico, and at Bedford-Chapel, Bloomſbury, in the month of February, 1772.

To afford relief for the miſeries of thoſe unfortunate perſons, who are cruelly ſecluded from ſociety by impriſonment for inconſiderable debts, was a powerful claim upon the preacher's humanity. It had ſtruck his own mind with the deepeſt compaſsion, and his arguments therefore failed not to communicate and impreſs the like tender feeling upon his reſpective audiences. The collection then made, amounted to *eighty-one pounds and one ſhilling*. A general approbation of the idea

was

was declared; and a ſet of gentlemen readily formed themſelves into a Committee, to ſearch out proper objects, and diſtribute donations with the utmoſt economy.

The diſtreſs and extreme wretchedneſs to which they were eye-witneſſes, on viſiting the ſeveral gaols of the metropolis, ſtrongly affected their ſenſibility; and the more ſo, as it was ſoon found that many other objects ſtill remained undiſcharged, without the means of relief. They determined, therefore, to give the public an account of their proceedings, in hopes that it might operate as an incitement to help forward ſo humane a purpoſe; and thus enable them to accompliſh their wiſhes on a more extenſive ſcale.

Accordingly, in April, 1772, they advertiſed a report, ſpecifying the manner in which they had expended the bounty of a few individuals; and "that with *fourſcore* pounds they had happily releaſed *thirty-four* priſoners; moſt of whom had large families, and appeared to be worthy and uſeful members of

ſociety; ſome of them were confined *only for their fees*, and the debts of others the Committee compounded upon the beſt terms they could. They expreſſed a great regret at the thought of leaving behind them, various other impriſoned ſuppliants; nineteen of whom appeared to be the greateſt objects of compaſsion, and might all be diſcharged for leſs than one hundred pounds; and of the reſt, many were evidently ſuch as well deſerved to ſhare the mercy of the public, if it were poſsible, by future contributions, to extend that bleſsing to them."

Their views were inſtantly ſeconded by a liberal and well-diſpoſed public. They ſoon found themſelves enabled to reach out the hand of pity to a very large number of miſerable ſufferers in confinement; and early in May, 1773,—within *fifteen months* from the commencement of the undertaking, the following was publiſhed as their

GENERAL

GENERAL ACCOUNT, *May* 22, 1773.

	£.	s.	d.
Benefactions to this day	2922	11	10
Diſburſements to diſcharge 986 priſoners	2892	19	4
Leaving in their hands a balance of	29	12	6

In the earlieſt infancy of their plan, the Committee were hardly ſanguine enough to expect ſo liberal an encouragement; and therefore did not at firſt take an accurate account of the wives and children of the priſoners releaſed. However, from an inſpection of their books, it appears, that at the period in queſtion, to the 986 priſoners abovementioned as diſcharged, there belonged 566 wives, and 2389 children; making in all 3941 ſouls, eſſentially relieved by means of the public humanity.

Far the greater number of objects releaſed were *manufacturers, ſeamen,* and *labourers,*

whoſe uſefulneſs, long cut off from exerciſe by confinement, was thus reſtored to the community. The Charity, of courſe, was found to claim a ſerious attention, not merely from the avowed *humanity* of its purpoſe, but alſo from the *advantages* which it afforded to ſociety at large; and which, in a commercial country, like ours, could not fail of ſtriking conviction upon every judicious mind.

It likewiſe appeared, on a review of the Committee's books, that various conſiderable debts, to the amount of *twelve thouſand* pounds and upwards, had been ſo compounded and reduced, as to bring the objects relieved in thoſe inſtances, within the ſcope of their firſt intention—and to which they have ever ſince invariably adhered; namely, to include "ſuch priſoners only whoſe reſpective debts, or the *compoſition* for whoſe debts, ſhould not exceed the ſum of TEN POUNDS *." By this means a two-fold

* See Rules and Orders, Sect. VIII. Art. 1.

benefit

benefit was ſecured: for, at the time of compounding ſuch larger debts, the Committee conſtantly paid an equal attention to the peculiar circumſtances, both of the Creditor, and of his helpleſs Debtor.

A progreſs ſo rapid and animating, naturally gave ardour to the zeal of its conductors. It was conſidered, indeed, and owned, as one of thoſe GREAT EVENTS from LITTLE CAUSES, which lift the eye to Heaven in admiration, and expand the human heart. The rich cordial of benevolence was now largely flowing out, as upon a once barren ſoil; and *the deſert became a fruitful field!*

Thus encouraged to perſevere in the good work, the gentlemen originally concerned, determined to omit no means of giving it dignity, ſtability, and ſucceſs: application was accordingly made for that purpoſe: on the 5th of May, 1773, at a General Meeting of Benefactors, the SOCIETY was conſtituted as follows;

* Rt. Hon. Lord ROMNEY, *Preſident.*

* Rt. Hon. Lord Chief Baron SMYTHE,
Rt. Hon. Lord Viſcount BEAUCHAMP †,
* Rt. Hon. Mr. Juſtice NARES,
* JOHN THORNTON, Eſq.
} *Vice Preſidents.*

Mr. NEILD, *Treaſurer.*

* Mr. NELME, *Secretary.*

And at the ſame Meeting the RULES and ORDERS hereafter mentioned, were ſettled, approved, and confirmed.

Such were the ſingular triumphs of philanthropy at a very early period of the Inſtitution: the little ſpark was now rouſed and animated into a wide and genial flame: and it is pleaſing to remark, that an experience of now *more than ſeven-and-twenty years* hath fully evinced its juſtice and propriety; while

* Since deceaſed.

† The preſent MARQUIS of HERTFORD.

it

it hath alſo ſuperadded many other arguments of a moſt cogent nature, to encourage and ſupport the benevolent deſign.

The SOCIETY for the Diſcharge and Relief of Perſons impriſoned for ſmall debts, thus inſtituted in February 1772, and whoſe office is held at No. 7, *Craven-ſtreet, Strand,* is now under the direction and management of the following Noblemen and Gentlemen.

Rt. Hon. CHARLES, Lord ROMNEY, *Preſident.*

Rt. Hon. Earl of RADNOR,
The Moſt Noble Marquis of HERTFORD,
The Hon. PHILIP PUSEY,
Sir CHARLES MIDDLETON, Bart. } *Vice-Preſidents.*

JAMES NEILD, Eſq. *Treaſurer.*

1799.

Forms of Application to this Society for Relief.

THE Debtor receives *gratis* from the Gaoler a printed Petition, of which the following is a copy:

To the Right Honourable the PRESIDENT, *the* VICE-PRESIDENTS, *and other Members of the Society for Diſcharge and Relief of Perſons impriſoned for Small Debts.*

The humble Petition of
late of Street, in the
Pariſh of
in the County of

SHEWETH,

THAT your Petitioner—*hath not received any benefit from your Society heretofore:* That he is in the Year of his Age: by profeſsion a

and

and hath *

THAT he was committed to the Priſon of
on Day of
and continues confined on the †
of the ſaid Priſon for Debt of £.
ſworn to by ‡
of
Street, in the Pariſh of
for §
h Attorney, is Mr.
who hath proceeded
againſt your Petitioner in the Court of ||

* Inſert the Wife, and number of Children, if any, under fourteen years of age.

† Inſert the ſide of the priſon where the debtor is confined.

‡ Inſert the Plaintiff's name, profeſſion, and abode.

§ Inſert what KIND of value the priſoner had of his plaintiff for the debt.

|| Here mention the Court whence the Writ iſſued: alſo Dates of the Declaration, Trial, or Judgement, as the caſe may be; and if ſuperſedable, the Time WHEN; and for what REASON.

THAT

THAT it may require £. s. d.
to pay for and
alſo to pay the Priſon-Fees to obtain your Petitioner's Liberty: who having no Effects, or Power to diſcharge the ſame, moſt humbly prays to partake of your bounty, in ſuch way as to you may ſeem meet; and refers to *

of in the
Pariſh of
and
of
Street, in the Pariſh of
for a Character of his *Sobriety and Integrity.*

DIRECTIONS TO THE PRISONERS.

I. Debtors who deſire to partake of this Charity, muſt apply by *printed* PETITION ONLY; a Form of which, as above, may be had of the reſpective Keepers, GRATIS.

* Inſert the Names, Profeſſions, and Places of Abode of two Houſekeepers who are acquainted with the Priſoner's Caſe; but if a Country Petitioner, reference muſt be made to the Clergyman, Churchwardens, &c. of the Pariſh wherein he or ſhe lately reſided.

II. No

II. No Petition will be attended to, unleſs filled up fully and exactly, as directed in the Margin; thoſe Directions being ſo plain, that no difficulty can ariſe. It is therefore deſired that every Petitioner will fill up his or her own Petition.

III. Thoſe who apply for their Liberty by Superſedeas, or for Sixpences, muſt ſend a Copy of their Cauſe, or Cauſes, with the Keeper's Certificate.

IV. All LETTERS, PETITIONS, &c. are to be forwarded to the Letter-Box, No. 7, in Craven-ſtreet, Strand, *Poſt-paid.*

N. B. *An Attempt to impoſe on the Society in any Particular, will prevent the Petitioner's being relieved.*

☞ A letter of thanks will be expected from every perſon diſcharged: it is deſired that no Bond, Note, Warrant of Attorney, or Obligation whatever, be given to ſuch Plaintiffs

tiffs as receive a Compoſition from this Society.

Upon the propoſed Compoſition being accepted by the Plaintiff, the Gaol Fees are immediately paid, and the Debtor ſet at Liberty; with ſome ſmall Donation, according to the Number and Diſtreſs of Family, &c.

And, in order to prevent impoſition by SWINDLERS, the Society have found it ſometimes neceſſary to apply to the Plaintiff for his Teſtimony concerning the Debtor, by the following Addreſs.

SOCIETY for the Diſcharge and Relief of Perſons impriſoned for SMALL DEBTS.

CRAVEN-STREET, STRAND.

The of 179

a Priſoner at your ſuit in the Gaol of for a Debt of £. s. d. hath petitioned this Society for their charitable aſſiſtance; who, being deſirous of diſtributing the

the benevolence of the Public to every worthy object (and to ſuch only) *requeſt to be informed by you of the manner in which the Debt was contracted: Whether in the common and ordinary courſe of Buſineſs, or on ſpecious Pretences; and of ſuch other circumſtances, as may enable the Society to judge of the Petitioner's* true *character, and of his qualification to partake of the public bounty from this Charity.*

R. GRASSWELL, *Sec.*

Be pleaſed to write your Anſwer on the back of this paper; and direct it

To be put into the Letter-Box, No. 7, Craven-ſtreet, Strand.

SECTION

SECTION V.

HINTS

RESPECTING

FEMALE CHARACTER*,

AND A REPOSITORY FOR

FEMALE INDUSTRY.

——Keep within the rear of your affection,
Out of the ſhot and danger of deſire;
The charieſt maid is prodigal enough,
If ſhe unmaſk her beauty to the moon;
Virtue itſelf 'ſcapes not calumnious ſtrokes.

As the Ledger breathes a ſpirit of benevolence and chaſtity, which has hitherto diſtinguiſhed it from moſt other periodical publica-

* Printed in the Monthly Ledger, V. p. 635. Anno 1774.

tions,

tions, I doubt not but the following lines will find a place in a repoſitory ſo friendly to humanity, virtue, and the intereſts of the fair ſex.

There is a principle implanted in human nature, which excites a propenſity in each ſex towards the other, at a very early period of life; and ſupports an attachment, to the laſt moments of it. It is the grateful gift of Heaven to every ſoil, and to all degrees of people; to the beggar, equally with the prince on the throne: the tyrant cannot deſtroy it, nor can edicts quench the flame; but, in all civilized Societies it has been found requiſite to reſtrain it from exceeding the limits of policy and good government. As mankind increaſed, and approached nearer a ſtate of refinement, the inſtitution of marriage became more neceſſary, to the ſecurity and happineſs of the community; and it had very early, the countenance of the wiſeſt lawgivers: which ſecurity in Society of the property of every individual, is liable to produce a deſire, to accumulate more

than is neceſſary to the ſupport of the poſſeſſor, and muſt at once procure power and ambition, which terminate in luxury. Whenever a people acquire this ſtate of refinement with its concomitants; natural propenſities and affections oftentimes yield to policy and ſchemes of aggrandiſement. Love, which ſhould be ſpontaneous, and free as the air we breathe, is bartered for gold and ſilver; and thoſe laudable paſsions which are unreſtrained in ruder countries, are turned out of their natural direction, and conveyed into channels of cold prudence, ambition, and power. Thus the health and vigour of nations undergo revolutions as certain and progreſsive almoſt as the planets. In the preſent period, where men and women have too often a price affixed upon their affections, by the avarice of parents, or the luxury of the times; it is not to be wondered at by thoſe who conſider the propenſities of mankind, that human nature, thus unnaturally reſtrained, ſhould exceed the reſtrictions of policy and human laws. But a perſon of humanity, who contemplates objects with a ſenſe of his own

frailty, will ever be indulgent to the deviations of his fellow-creatures; and recollecting the various means by which an unſuſpicious maid may be ſeduced, and her peace and innocence annihilated; he will pity while he condemns:

Nor with the guilty world upbraid
The fortunes of a wretch betray'd;
But o'er her failing caſt a veil,
Remembering he himſelf is frail.

BROOKS's Female Seducer.

As I have been long converſant with the unfortunate part of the ſex; I am enabled to relate the moſt affecting hiſtories of the origin of theſe misfortunes. But as this would render more public the poiſonous arts of deceit, which have been too ſucceſsfully practiſed, I ſhall not make your publication the vehicle of ſeduction, but acknowledge that many an innocent creature has verified the poet's affecting deſcription:

Long ſhe flouriſh'd,—
Grew ſweet to ſenſe, and lovely to the eye;

Till

Till at the laſt, a cruel ſpoiler came,
Cropt this fair roſe, and rifled all its ſweetneſs;
Then caſt it like a loathſome weed away.

ROWE.

The means, however, I know, are not a few; and the unguarded moments, amongſt even the innocent part of the female ſex, not unfrequent; which are truths that every woman ſhould profit by, and every parent ſhould regard, in order to obviate the influence of avarice in their conduct; in bartering the affections and paſsions of their offspring for mercenary advantages, which were deſigned for happineſs, for joy, and comfort:

For marriage is a matter of more worth,
Than to be dealt in by attorneyſhip.

As the unſuſpicious, in that moment wherein innocence is not upon the guard, may be led into that diſtreſſed ſituation from which too few return, more from the contempt they meet with from their acquaintance, than from a vicious diſpoſition; how

important is it to cultivate a ſpirit of compaſſion that endeavours to reclaim and protect a friend, thus ſuddenly plunged into diſtreſs! inſtead of that uſual diſregard which drives the unhappy victim from the example of virtuous company, to a courſe of conduct which at firſt ſhe was incapable of purſuing.

> Alas, thoſe ſhrinking friends decline,
> Nor longer own that form divine;
> With fear they mark the following cry,
> And from the lonely trembler fly:
> Or backward drive her on the coaſt,
> Where peace was wreck'd, and honour loſt:
> From earth thus hoping aid in vain,
> To heaven not daring to complain;
> No truce by hoſtile clamour given,
> And from the face of friendſhip driven,
> The nymph ſinks proſtrate on the ground
> With all her weight of woes around.
>
> Brooks's Female Seducer.

In this recent agony of diſtreſs, ſometimes indeed the hand of pity, of friendſhip, and of humanity, has been extended, and ſeldom in vain. There is no ſtate demands more

movingly the tear of compaſsion; nor is there any more worthy to touch the boſom of either ſex with ſympathy, and animate it to afford protection. May I, fair readers, induce you thus to think and act towards your unfortunate ſiſters, before vice becomes habitual, and the amiable characters of ſenſibility and affection are converted into a polluted channel! Some who once ſeemed devoted to deſtruction, I now have the happineſs to be acquainted with, who have lived to bleſs and animate the attachments of their huſbands, and to ſet a good example to the fruit of their affections. What a ſource of happineſs muſt you acquire, ſhould your charitable endeavours be crowned with ſucceſs, and allow you to join the amiable author of the "Fool of Quality" in his chearing invitation!

Lovely penitent, ariſe,
Come and claim thy kindred ſkies;
Come, thy ſiſter angels ſay,
Thou haſt wept thy ſtains away.

You

You have an example of benevolence, in the deciſion of Chriſt; which the more you centemplate, the more your ſympathy will be excited towards the unfortunate of your ſex, and the more readily your forgiveneſs and aſsiſtance will be extended to them, in that ſtate of diſtreſs, when the mind is not irreclaimable; which example inſpired the immortal Bard in his "Meaſure for Meaſure."

————How would you be,
If he, who is the top of judgment, ſhould
But judge you as you are.————

Hitherto, I have pleaded for pity toward thoſe who have really deviated from the paths of chaſtity, when rigid virtue may have ſome pretext for admitting neglect and contempt of the unfortunate; but humanity muſt be ſhocked at the facility with which many perſons of each ſex receive inſinuations againſt the reputation of innocent females, of a certain gaiety or rather elegance of behaviour; and who, inſtead of inveſtigating the truth by indulgent candour, or ſuſpending their credu-

credulity, or reflections, from a conſideration of what they would wiſh others to do, were they in the ſame predicament, are too liable to breathe the whiſper of calumny into public report; which, added to a cold indifference of treatment, form the moſt likely methods of driving the injured innocent to realize, what detraction alone firſt fabricated.

Theſe reflections are not the reſult of mere ſpeculation, but are deduced from examples in real life, where I have taken ſome pains to tear away the obloquy which has been thrown over ſome young women of my acquaintance, and to reſtore the diamond of female innocence to its genuine luſtre and value; but, as this eſſay is already extended to a conſiderable length, I ſhall conclude it with the following *Hints reſpecting a Repoſitory for Female Induſtry.*

AS idleneſs is one of the greateſt inlets to want and vice, ſo induſtry conduces to ſufficiency,

ciency, and to virtue; and were employment at all times to be procured, induſtry would become more general, and vice leſs prevalent; eſpecially if with the exerciſe of induſtry the rewards of it could be immediately applied: this would be particularly applicable to a very conſiderable and important claſs of women in great towns; the lower claſs is deſtined chiefly to become ſervants in ſuperior families; but there is an intermediate rank of females, whoſe education and habits render them above menial occupations; ſuch as daughters of decayed tradeſmen, or of perſons with incomes too ſmall to enable them to live decently, without ſome additional means of aiding them by ſome domeſtic employments, which they can engage in at home, and thereby remain under the eye of their parents, or be an eye themſelves to younger children.

There was a time when ſewing, and plain-work, afforded aſsiſtance to thouſands of ſuch females; but this ſource is completely dried up,

up, by the cheap work of girls maintained in charities, as the Magdalen, the Aſylum, &c.

But where a ſpirit of induſtry is encouraged, various kinds of occupation will be cultivated by the ingenious mind; many of theſe I have obſerved with equal admiration and approbation, ſuch as tambour-work, fancy-painting, ſtraw-manufactory, and various other means of exerciſing ingenuity; but, after pleaſing and productive inventions, the hapleſs female experiences little advantage, unleſs ſhe can find a ready ſale for them; the purchaſe of the rough materials, without a proper mart, augments her expences, and difficulties; and ſhe may even want the neceſſaries of life, whilſt a ſtock of goods lies on her hands; which, could they have been immediately diſpoſed of, might have contributed to obviate every difficulty.

To aid many unfortunate but ingenious Emigrants, a Repoſitory has been eſtabliſhed, where the products of their induſtry are left for ſale;

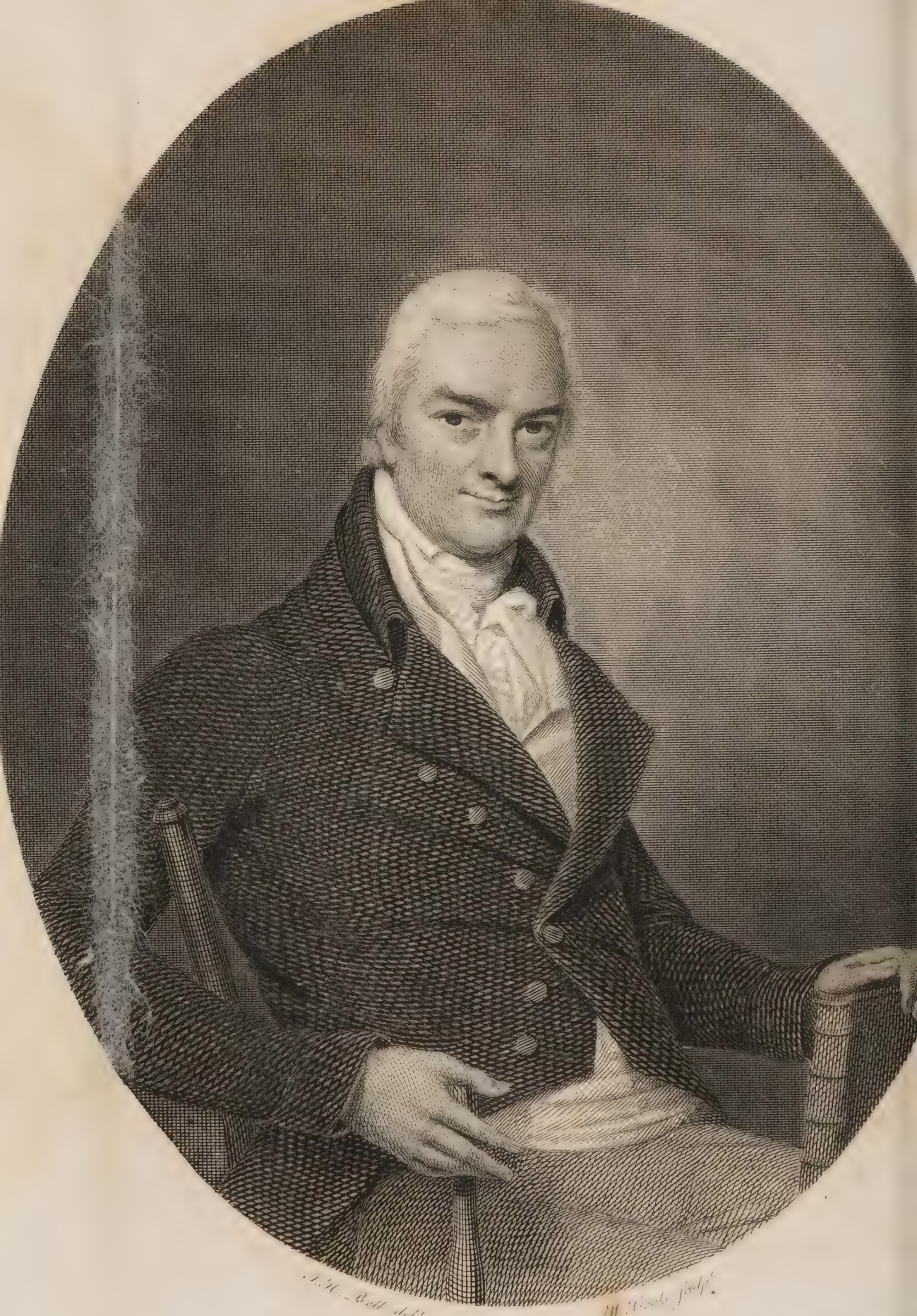
ſale; but that period may be very diſtant, or never occur; and in the mean time, want, with its baleful influences, may have given occaſion to events, never to be recalled! to a ſtep, never to be re-trodden!

The plan I wiſh to ſuggeſt is, to reward induſtry as ſoon as it has become productive; to pay a certain price, a little under the value, for every article of female ingenuity brought to the Repoſitory, wherever that Repoſitory may be eſtabliſhed; by this means, no young woman will labour without an immediate reward; induſtry will be encouraged, and virtue protected.

Once or twice a year, a ſale of the goods on hand may be made by auction; and if any loſs be ſuſtained, let it fall among the Governors or Patrons of the Inſtitution; individually it muſt be trivial; and if the articles ſell for more than the ſum at which they were eſtimated, let the profit be paid to the young artiſt upon her application.

Such

Such a ſyſtem would gain the bleſsing of the daughters of many clergymen; of young women brought up to good expectations, whoſe fathers have died in reduced circumſtances; of thouſands that claſs a little below the middle ranks of life, upon which the happineſs and the virtue of the community greatly depend.



J. M. Bell del.

W. Nicholls fecit.

John Haygarth. M.D.

SECTION VI.

HINTS

RESPECTING THE

PREVENTION OF INFECTIOUS FEVERS,

AND THE ESTABLISHMENT OF

HOUSES OF RECOVERY.

At this period of ſcience, when the nature of infectious fevers is generally aſcertained, it would be ſuperfluous to repeat arguments to prove, that ſuch diſeaſes will appear among human beings, in certain cloſe ill-aired ſituations, and their fatality and extenſion increaſe where want of food, of change of raiment,

and of cleanlineſs, are ſuperadded. It has likewiſe been aſcertained by indubitable experience, not only in theſe fevers, but even in the plague, that the infectious effluvia, happily for mankind, by diffuſion in the air, loſe their virulence, and become inert; and hence that the removal of the unhealthy, at ſuch a diſtance from the healthy, as ſhall afford the means of deſtroying the action of the infectious effluvia, will prevent the extenſion of diſeaſe.

It would, in a reſtricted ſenſe, promote the ſafety of the healthy, were they removed from infected perſons; but this would not remove the infection, already generated and exiſting in the apartments, and furniture of the unhealthy. It is indiſpenſably neceſſary, in order to effect this ſalutary end, to purify theſe chambers of diſeaſe and death; which cannot be done without the removal of the ſubjects infected. Hence ſome diſtinct place muſt be prepared for their reception.

When

When theſe infectious fevers occur among the lower claſs of the community, who chiefly reſide in narrow alleys and courts, and where ſeveral families inhabit one houſe, the diſeaſe ſpreads more or leſs rapidly, within theſe precincts; and, by communication of viſitors or otherwiſe, more widely among every rank of the community.

However obviouſly theſe facts muſt appear, and however eaſy the means of ſtopping the progreſs of infection muſt prove, adequate attention had not been paid to theſe ſubjects, in any large town, within theſe realms, till my learned and humane friend Dr. HAYGARTH, late of Cheſter, but now of Bath, ſuggeſted a plan, and carried it into effect in the city of Cheſter, for preventing and ſtopping the progreſs of infectious fevers; which he has fully deſcribed in his letter * to that

* In juſtice to my quondam fellow ſtudent Dr. ROWLEY, I ought to notice here the judicious arrangements he had long ſince made in the Mary-le-bone workhouſe and infirmary, for the accommodation, not merely of the fever patients,

that enlightened phyſician and philoſopher Dr. PERCIVAL, of Mancheſter, of which I ſhall avail myſelf in this place *.

"As the fever wards of the Cheſter Infirmary, in ſize and ſituation, are peculiarly favourable to the ſucceſs of ſuch an eſtabliſhment, a deſcription of them may be uſeful, and may ſuggeſt the adoption or conſtruction of ſimilar wards in other hoſpitals, for the ſame important purpoſe. In the year 1783, in looking out for proper accommodation, I found the attic ſtory on the North ſide of the building unoccupied, and merely a lumber-room. It is ninety-ſix feet long, twenty-one broad, and being not cieled it is open to the roof, which is ſixteen feet high. This chamber is divided by a partition in the middle, thus forming

tients, but alſo of thoſe labouring under different diſeaſes. Every medical perſon, who viſits London, either for curioſity or ſtudy, ſhould devote ſome attention to this ſpacious and ſalutary ſtructure; and even magiſtrates might viſit it with advantage; as my friend Dr. Rowley is ever liberally diſpoſed to give every information which might enable them to introduce improvements into ſimilar ſtructures within their juriſdiction.

* A Letter to Dr. Percival, on the Prevention of Infectious Fevers, by John Haygarth, M. D. &c.

two

two wards of forty-eight feet each in length. Through them is admitted a very free circulation of air, by nine windows, which are placed on all ſides of the wards, and by others in the adjoining paſſages; by a door in the partition between the wards, and by a large aperture in the upper part of the partition. Several of theſe windows are conſtantly open during the day, nor are they all cloſed even at night, if the patients be numerous, and the weather moderate.

"Adjoining to the Weſt end of theſe wards is a room for the nurſe, into which a fever patient is ſometimes admitted. At the Eaſt end of the wards, a waſh-houſe is conveniently ſituated, ſo that no foul clothes need be brought among the other patients. On the ſame ſide and floor, there is placed a ſeparate neceſſary, which prevents all perſonal intercourſe with the reſt of the hoſpital.

"In order to complete this deſcription, it will be proper to inſert the following account of the Cheſter fever wards, which was written in the form of a certificate, to be ſigned by the medical and other governors of the infirmary; to obviate the alarms at Mancheſter, leſt the Houſe of Recovery there, placed in a ſpacious area, ſhould commu-

nicate the infectious fever to the neighbouring inhabitants:

"*April* 27, 1796.

"The Chester Infirmary is a close square building. Its inner area is eighteen yards and a half by fourteen yards. The attic story of all the North side of the house, divided into two wards, has been appropriated to the reception of patients in infectious fevers ever since the year 1783. Patients that have no fever are lodged under them, and on the other sides of this area. The windows of the fever wards, during the day, are almost constantly open into all the other wards, one ward is situated within *thirteen yards of the fever patients*, with whom it communicates on the same floor, by a passage and doors frequently open; and yet during the whole period of this establishment, now above twelve years, it has never been suspected that the patients in other parts of the house have caught any infection from the fever wards by any contamination of the atmosphere; nor from any transgression of the *rules of prevention*; which require ventilation, cleanliness, and separation, and may be seen in Howard's Account of Lazarettos, p. 209, as follow:

"Rules

"RULES for the *Fever Wards*; to prevent the *Infection* of other patients in the Chester Infirmary.

"I. Fresh water and coals are to be brought to the fever wards every morning; and other necessaries on ringing a bell.

"II. No fever patients, nor their nurses, are suffered to go into other parts of the house. No other patient is allowed to visit the fever wards; nor any stranger, unless accompanied by the apothecary or his assistant.

"III. Every patient, on admission, is to change his infectious for clean linen; the face and hands are to be washed clean with warm water, and the lower extremities fomented.

"IV. All discharges from the patients are to be taken out of the ward as soon as possible.

"V. The floors of the wards are to be washed very clean twice a week, and near the beds every day.

"VI. All foul linen is to be immediately thrown into cold water; and carefully washed twice out of clean water, in the adjoining room.

"VII.

"VII. Blankets, and other bed and body-clothes, are to be expoſed to the open and freſh air for ſome hours, before they are uſed by another patient.

"VIII. All the bed clothes of the fever wards are to be marked *Fever Ward*; and all the knives, forks, pots, cups, and other utenſils, are to be of a peculiar colour, leſt they be inadvertently taken among other patients.

"IX. Several windows in the fever wards are to be kept conſtantly open in the day, except the weather be very cold or wet; and ſome of them ſhould not be ſhut in the night, if the patients be numerous, and the weather moderate.

"X. No patient can be ſuffered to wear, nor any acquaintance to take away, any linen unwaſhed, nor other clothes, till they have been long expoſed to the freſh air."

IN reflecting upon the importance of the object which Dr. Haygarth has happily effected, of ſtopping the progreſs of infectious fevers,

fevers, by a plan equally ſimple and efficacious, the mind dwells with pleaſure in witneſſing the influence of philanthropy directed by medical ſcience, in ſnatching victims of contagion from the deleterious air of an infected chamber, and in preſerving whole families, with the friendly viſitors, from the inſidious poiſon ready to invade every age and rank, and to ſpread diſeaſe and death among the community.

In arreſting and ſubduing two poiſons *, the moſt fatal to the human race; in unveiling impoſture clothed in the meretricious garb of bold quackery †; the philanthropic phyſician juſtly acquires the approbation of a grateful public, and, with a mind conſcious of having deſerved it, is truly rich in its own reward, as his own ſentiments teſtify.

* A Sketch of a Plan to exterminate the caſual Small-pox from Great Britain. London, 8vo, 1793. Letter to Dr. Percival.

† Experiments on Metallic Tractors.

" IN

"IN this probationary ſtate of exiſtence, for good but inſcrutable purpoſes," he obſerves, "there is, in all human affairs, an admixture of pain and pleaſure, fear and hope, diſappointment and enjoyment. On looking at the world around me, I have reaſon, much reaſon, to be gratefully thankful to the wiſe Diſpoſer of all things, that hitherto my lot has been comparatively fortunate, proſperous, and happy, with a mind well diſpoſed to reliſh ſuch felicity. But to one who has paſſed through ſuch a buſy and varied ſcene of life, who has had ſuch intimate intercourſe, and for ſo long a period of time, with the different ranks of ſociety, ſome painful anxieties have undoubtedly been my portion. Upon theſe, and many other occaſions, the contemplation of plans for the prevention of diſtempers, and others for the improvement of the children of the poor in habits of induſtry, morality, and religion, has ever had the happieſt influence, in reſtoring a placid ſerenity of mind, and in adminiſtering heartfelt conſolation in ſcenes of the deepeſt melancholy. What ſublunary object can be eſteemed of higher value? Purſuits of this kind may juſtly be ſaid to bring with them their own reward *."

* Letter to Dr. Percival, p. 138.

IN

IN quoting the preceding rules, the authors of the Critical Review (vol. XXXII. new ſeries, p. 443.) make the following remarks:

"TO theſe we may add, that the nurſes and attendants ſhould occaſionally go into the open air, and expoſe themſelves, if poſſible, to a breeze; a little red wine, or a decoction of the Peruvian bark, may be alſo drunk in the worſt ſituations, and, ſhould any bad taſte be perceived in the mouth and throat, it ſhould be immediately gargled and waſhed with brandy, *after which* about a table ſpoonful ſhould be ſwallowed. With theſe circumſtances we have faced with impunity the moſt dangerous ſituations."

DR. HAYGARTH, in the inveſtigation of the Rules of Prevention, ſeems as ſolicitous to avoid every ſuperfluous reſtriction, as to include all uſeful regulations; and from the numerous facts he has adduced, it is indubitably proved, that neither fumigations, nor wine, bark, or brandy, are neceſſary, and medical

medical viſitors or others could not conveniently carry wine, bark, and brandy, in their pockets; and were nurſes and attendants to drink brandy as often as they perceive a bad taſte in the mouth and throat, they would rarely be ſober. The uſe of ſpirituous liquors ſhould not be recommended to either ſex; the habit is already too predominant. Howard, who drank nothing but milk and water, would not have given this advice.

So fully convinced was Dr. Haygarth, from long experience, of the benefit of the Cheſter Infirmary, in ſtopping the progreſ of infectious fevers, that he obſerves (p. 52):

"I AM confident that our two fever wards do ten times more real good in the prevention of miſery, and the preſervation of life, than all the other parts of the Infirmary."

UNDER this conviction, he very humanely and judiciouſly obſerves (p. 117.), that

"THE

"THE benefit of ſuch inſtitutions may be extended even to the metropolis, with ſtill greater certainty of ſucceſs. Contagious fevers appear to be the chief cauſe why there is a much greater proportional mortality in large than in ſmall towns, and houſes diſperſed in country ſituations. Lanes, entries, and courts, communicate infection to each other. Whole families ſink down together, oppreſſed with putrid fevers, in penury and wretchedneſs, without a ſingle hand to afford them help or comfort. Such calamities, however dreadful, might be eaſily and effectually prevented, and at a very moderate expence, if compared with the ineſtimable bleſſings which might thus be attained.

"If ſix or eight hoſpitals, ſituated in different parts of London, would open a ſpacious ward for each ſex, in ſome part of the building, or cloſely adjoining to it, the moſt ſalutary conſequences would ſoon be manifeſt. Except in checking the ravages of the caſual ſmall-pox, no human exertion could be employed with ſo much ſuch ſucceſs, to prevent the miſery and deſtruction of the poor as the accommodations here propoſed."

FROM

FROM the opulence of the metropolis, and the frequency of infectious fevers, it may become an object worthy of carrying into execution, to build a diſtinct hoſpital or infirmary for the reception of ſuch diſeaſes; and my learned friend Dr. Haygarth, who, the publick are well convinced, has turned his attention to the prevention of them, has favoured me with the annexed plan of a building, calculated for this moſt important purpoſe.

Explanation of the References of the Fever Hoſpital.

A. Ward 40 feet long, 21 broad, 14 high.

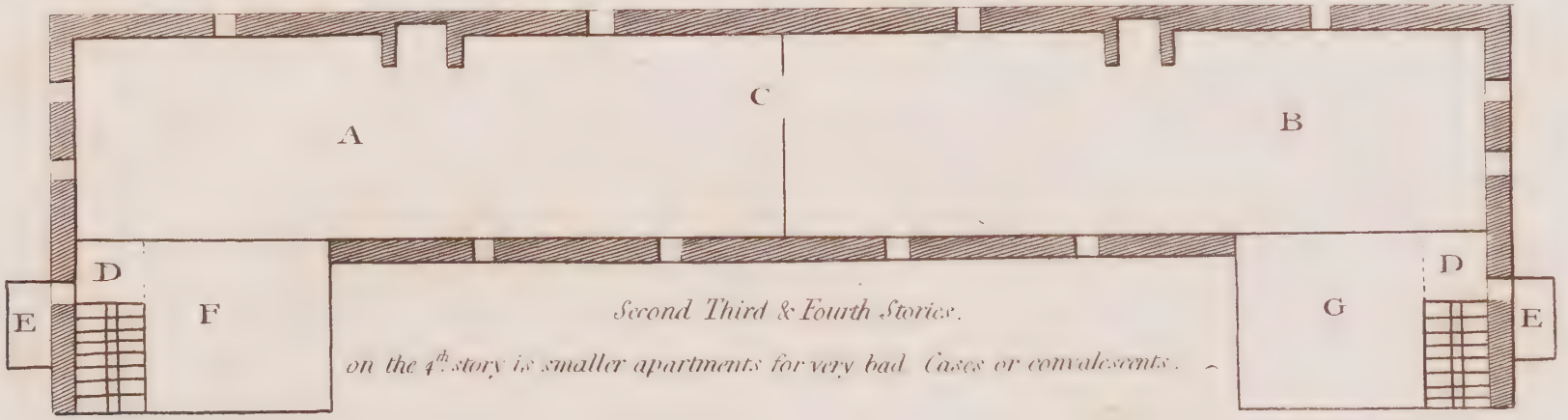
B. The ſame.

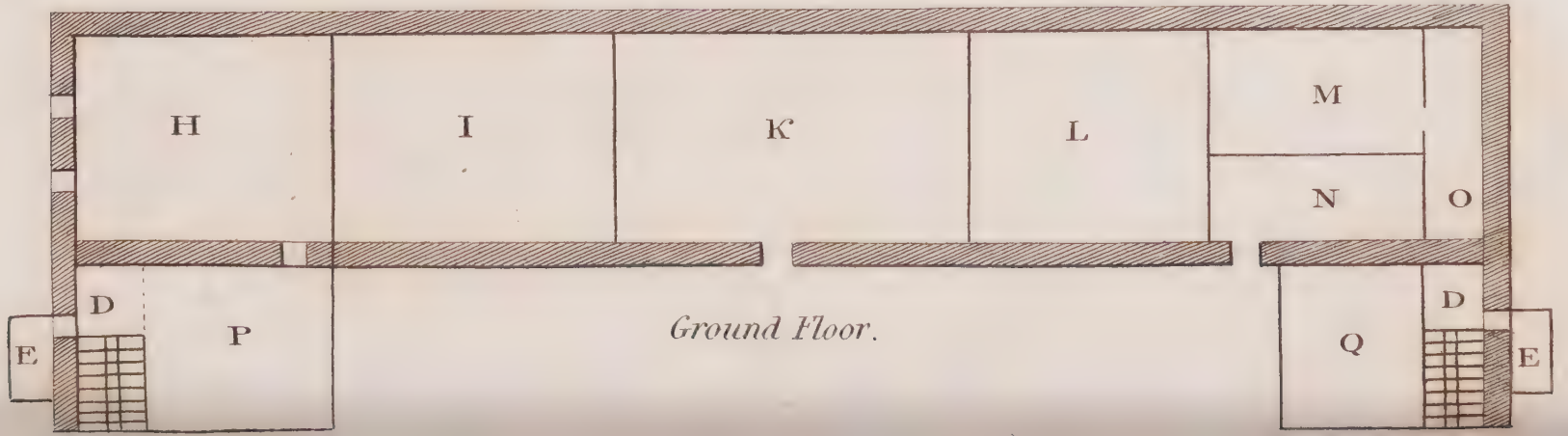
C. An aperture in the upper part of the partition, to admit free circulation, with a door of communication below.

D D D D. Water-pipes.

E E E E.

Sketch of a Fever Hospital.





E E E E. Water-closets.

F. Wash-house.

G. Nurse's chamber.

H. Admission-room.

I. Apothecary's shop.

K. Kitchen.

L. Wash-house.

M. Room for clean clothes.

N. Room for dirty clothes.

O. Bath.

P. Apothecary's chamber.

Q. Servants chamber.

The second story for women.

The third story for men.

The fourth attic, 8 feet to the beams, and 8 feet to the roof, not to be cieled; one ward for each six of convalescents, or when the other wards are much crowded; or when there are bad cases, which require separation from the rest, the attic story may receive them; for this purpose the attic story might

be divided with advantage into ſmaller apartments.

Mancheſter *, not leſs diſtinguiſhed for the cultivation of the ſciences than of the arts, followed the example of *Cheſter*, by inſtituting Houſes of Recovery, inſtead of appropriating a portion of an hoſpital, for the reception of infectious fevers; the ſucceſs of this eſtabliſhment has been communicated to the public by THOMAS BERNARD, Eſq. † which I ſhould have introduced here, were it not that the ſame benevolent hand has ſince drawn up an account of a ſimilar inſtitution in the metropolis ‡, which I ſhall inſert in this ſection, premiſing ſome account of the *Waterford* Houſe of Recovery, with re-

* *Liverpool*, with its uſual public ſpirit, obſerves Dr. Currie (Oct. 10, 1801), is erecting an extenſive hoſpital for the reception of fever and other contagious diſeaſes.

† Extract from An Account of the Houſe of Recovery, eſtabliſhed by the Board of Health at Mancheſter. By Thomas Bernard, Eſq. Society for bettering the Condition of the Poor, No. XIII.

‡ Account of the Inſtitution for the Cure and Prevention of contagious Fevers in the Metropolis, originally publiſhed by the Society for bettering the Condition of the Poor.

marks

marks on the ſtate of the poor in the metropolis; and concluding with ſome miſcellaneous obſervations.

The invaluable publications of the Society for bettering the Condition of the Poor have been very generally read, and in the benevolent mind muſt kindle a ſimilar ardour, to adminiſter aid and comfort to this diſtreſſed claſs of the community, and particularly under the complicated miſeries of want and diſeaſe. To ſtop the progreſs of infectious fevers, HAYGARTH, as I have obſerved, had already pointed out the means; of which at length the ſiſter kingdom availed herſelf, and both Dublin and Waterford have emulated the eſtabliſhments of Cheſter and Mancheſter with the happieſt ſucceſs.

The management of the Houſe of Recovery at Waterford is now before me, aided by a manuſcript hiſtory communicated to Thomas Bernard, Eſq. and I preſume that a ſhort account of this inſtitution would afford ſome uſeful hints to ſuch as have ſimilar eſtabliſhments in contemplation. The mode of find-

ing out the patients—and of conveying them to the Houſe of Recovery—the admiſſion of air under the beds *, and their ſuſpenſion above the floor when not in uſe, are objects that merit attention, as well as the ſpecies of bed or mattraſs employed, and the clothing of the convaleſcents, although not very diſſimilar to the precautions adopted by my ingenious friend Dr. ROLLO, in the Woolwich barracks, which are deſcribed in his "Short Account of the Royal Military Hoſpital at Woolwich."

* The ſafety and expediency of this mode of conveying cold air may be doubted.

Waterford

Waterford Houſe of Recovery *.

THE plan which has been purſued in the admiſſion of patients, and regulation of the charity, is nearly as follows:—On notice being given at the Houſe of Recovery, by any of the medical attendants, that patients labouring under contagious fever are deſirous of admiſſion, a covered litter, provided by the houſe for this purpoſe, is ſent for them, and they are conveyed to a clean and well-ventilated ward; all their wearing apparel is removed from them, and immediately waſhed and purified from infection. Clean linen, and bed-clothes are amply ſupplied, which are changed occaſionally; and, during their ſtay in the houſe, every attention is paid to them which is neceſſary for perſons in their ſituation. Six medical gentlemen attend in rotation for two months at a time.

When the patients are in a ſtate of convaleſcence, they are removed into a ſeparate ward, and ſupplied with clean dreſſes, which conſiſt of a white woollen jacket and trowſers for the men,

* Second number of the Reports of the Society for promoting the Comforts of the Poor in Ireland, p. 98.

and a jacket and petticoat for the women; on diſmiſſion from the houſe, the wearing apparel brought in is returned, after it has been waſhed and purified from infection. All the internal regulations of the Houſe of Recovery at Mancheſter have been as nearly as poſſible adopted in this place *.

* We have not adopted that regulation which relates to wrapping the body of the deceaſed patient in a pitched cloth, from the prejudices of the lower claſſes, who are ſo attentive to the appearance of the body of their friends after death; neither have the fumigations with nitrous gas been perſiſted in, from an opinion, that as the other modes of purification from contagion were ſo fully purſued, it might be diſpenſed with, except on the appearance of a fever remarkably infectious.

Contagion is communicated frequently by infected cloaths; the poor, when reduced by ſickneſs to poverty, are obliged to pawn them; and a phyſician of this city obſerved, in two inſtances, a bad fever ſpread through pawnbroker's families.

When the yellow-fever prevailed at Grenada, after exiſting ſome months in the harbours, it firſt appeared on ſhore with a negro girl, who took ſailors clothes to waſh; every one of thoſe who inhabited the ſame houſe were ſeized with it, and it ſpread ſucceſſively through the town; and Chiſholm ſuppoſes that the diſeaſe was conveyed from Grenada to Philadelphia principally by the woollen jackets of deceaſed ſailors.

A brief

A brief deſcription of the houſe and furniture will not be deemed ſuperfluous by thoſe who wiſh to adopt this plan in other places. The houſe ſtands in an elevated ſituation in the ſuburbs, with a piece of ground annexed, which is applied to drying and airing clothes, and to the uſe of the patients for exerciſe. By ſinking a pump, an abundant ſupply of water has been procured. There is a range of houſes adjoining to, and alſo in front of it, notwithſtanding which, febrile infection ſeems to have been conſiderably diminiſhed in its neighbourhood: this can be eaſily accounted for, from conſidering that the inhabitants of the vicinity muſt have better opportunities of learning the advantages offered to them, and conſequently ſtronger inducements for accepting them; beſides, the neceſſary ſteps for admiſſion can be taken with leſs trouble.

By building an addition to the houſe converted to this purpoſe; four wards were fitted up, containing 25 beds; two of theſe wards contain 8 beds each, and are appropriated to the patients during their illneſs, one to men, the other to women *.

* Perhaps a greater number than eight ſhould not be admitted into a ward; ſince fever patients, by their moanings and complaints, muſt diſturb each other. EDIT.

The dimenſions of the wards occupied by thoſe in ſickneſs are 32 feet in length, 16 in breadth, and 11 in heighth. In the fitting up of theſe, ventilation and cleanlineſs have been chiefly kept in view, as two moſt important objects on which the recovery of the ſick, and the ſafety of the attendants, in a great meaſure depended; with this intention the windows are made large, and are placed oppoſite to each other; there are openings, alſo, on a level with the floor and cieling, for the free admiſſion and circulation of the air—theſe are ſo contrived, that they can be cloſed occaſionally, and the wards kept at an equal temperature. No uſeleſs furniture is admitted, the window-ſtools ſerving for holding the patients' food and medicine: with the ſame intention, and alſo to prevent accumulation of duſt, the walls are ſmooth, and without projections.

The bedſteads are made of hammered iron, conſequently occupy but a ſmall ſpace, are more eaſily kept clean than thoſe made of wood; and do not harbour vermin; they are corded acroſs, and ticks filled with ſtraw are laid on them, which are occaſionally waſhed, and the ſtraw renewed; when the beds are unoccupied, the bed-clothes are removed from the wards, and the bedſteads hang on hooks againſt the walls, in order to give room

room for waſhing the floors. Every thing neceſſary to facilitating the whitewaſhing of the walls and cleanſing of the floors is provided; for the latter purpoſe, hair bruſhes with long handles, and mops, are employed. It was mentioned that the patients were conveyed to the houſe on a litter: this conſiſts of a ſacking bottom extended on a frame placed between two poles, over which there is an oil-cloth covering ſtretched over hoops. The advantages of this are, that the patients can lie horizontally, which is of ſome importance, where the fever is accompanied with great debility; it is very light, and is as eaſily carried by two men as a ſedan chair, alſo the patient is conveyed in private to the houſe.—Beſides the phyſician and ſurgeon, one of whom attends each day, the apothecary, who has an annual ſalary, viſits morning and evening to compound medicines, and keep a regular liſt of the patients admitted and diſcharged. Medicines are ſupplied, *gratis*, by the diſpenſary.—The ſervants of the houſe are, a houſekeeper, and three nurſe tenders, beſides a porter, who aſſiſts in cleanſing the houſe, and carrying in the patients.

EVERY

EVERY part of London claims the aid of an Hoſpital, or of a Diſpenſary, for the relief of the ſick poor. Each of the former might devote at leaſt one ward for each ſex, to the reception of infectious fevers. It is probable, that the Hoſpitals would admit only their own immediate patients, that is, thoſe recommended by the governors. Although many fever-patients might be admitted into one apartment, with propriety to themſelves, and ſafety to the nurſes, were air freely admitted; yet I conceive it would be adviſeable to have ſmaller apartments, for ſuch at leaſt as labour under violent delirium, which undoubtedly muſt incommode other patients who retain their ſenſes, if the former were continued in the ſame ward. It is certain, however, that no Hoſpital, or Infirmary, can be ſecure from typhus, or the hoſpital-fever, without the eſtabliſhment of a diſtinct ward for infectious fevers.

The

The Diſpenſaries in the metropolis are numerous; and, independent of preſcribing for the patients who are able to attend at theſe Inſtitutions, the phyſicians viſit, at their own miſerable habitations, thoſe of the recommended, who are confined by the ſeverity of diſeaſes. It is thus, that from the Eaſtern extremity of Limehouſe to the Weſtern at Milbank; and on the North, from Iſlington and Somerstown, to the South as far as Lambeth; and, by means of the Greenwich Diſpenſary, to Newington and Peckham, including a ſpace of nearly fifty ſquare miles, a ſyſtem of medical relief is extended to the poor, unknown in any other part of the globe; yet in all this extent of human beneficence, not one Houſe of Recovery for infectious diſeaſes has hitherto been inſtituted; at length, however, by the alarm of diſeaſe and poverty, by the writings of Dr. HAYGARTH and of different phyſicians in London, the ſuggeſtions of WILLAN, the pathetic appeals of MURRAY, and the philanthropy of a COLQUHOUN, a DURHAM, a BERNARD, and others, this reflection will no longer

longer apply to the metropolis, and one Houſe of Recovery agreeably to the annexed account, is now preparing for the reception of patients; and others, it is natural to preſume, will be inſtituted in different convenient parts, for this politic and national ſecurity. To eradicate more ſpeedily the fomites of diſeaſe, the prolific ſources of infection, energy ſhould be adopted, that ſucceſs may be inſured.

When poor patients are removed into the Houſe of Recovery, their former apartments will of courſe be whitewaſhed, and cleanſed from vermin and all impurities, as well as the furniture and clothing; and ſo far theſe individual apartments will be rendered ſecure and habitable; but the extent of the evil in London is immenſe; and if only ſuch are attended to who may receive letters of recommendation, it will be but partially removed, becauſe the moſt indigent are frequently friendleſs! The hint ſuggeſted by the governors of the Waterford Houſe of Recovery, of out-viſitors of the poor, ſeems well calculated

to

to diſcover wretchedneſs, and by free admiſsion to the receptacle of diſeaſe, whilſt thoſe infected abodes are purified, to ſtop the progreſs of diſeaſe, which correſpond with the views my friend COLQUHOUN communicated to me early in the preſent year*.

In the 14th of George III. ch. 59, an act of parliament paſſed, on the ſuggeſtion of HOWARD, to whitewaſh the priſons twice a year; with the addition of baths, &c. and

* 1. To conſtitute an *Office of Health* for the immediate relief of the ſick poor by medical and ſurgical aſſiſtance, gratis; and by diſpenſing medicines on the mere application of the parties, without the uſual recommendations required for Hoſpitals and Diſpenſaries.

2. As a *Repoſitory* of clean ſecond-hand blankets, ſheets, ſhifts, and ſhirts, and other neceſſary clothing, to be given to the poor, in lieu of bedding and apparel that are filthy and impregnated with the ſeeds of diſeaſe. The latter to be cleanſed, and again brought into uſe.

3. As a means of eradicating diſeaſe, and preventing infection, and the recurrence of contagious diſtempers, by cleanſing the habitations of the poor of filth and vermin, and by waſhing the walls and cielings, and filling up the crevices where infection lodges.

were

were the plan of whitewaſhing * and purifying the chambers of the ſick poor, generally adopted, the ſources of infection would doubtleſs be immediately diminiſhed, and the Houſes of Recovery leſs crowded.

It would ſeem but reaſonable that theſe habitations ſhould be cleanſed at the expence of the pariſhes, did they poſſeſs the ability, if not of the landlords, as the one as well as the other would reap the advantages from ſuch a proceſs; but, unfortunately, where the poor abound, the pariſhes cannot even ſupport them with food. The phyſicians of the Diſpenſaries, who pervade every avenue, and the meaneſt reſidence of poverty, could recommend to out-viſitors, to be delegated for the purpoſe, the moſt infected ſituations; and theſe ought to be empowered, with the aid of the phyſicians, to apply thoſe obvious means of eradicating the poiſon.

* This has already been done at the expence of the Society for inſtituting Houſes of Recovery in London.

Although

Although the ſcenes of extreme diſtreſs in this great city are numerous, as muſt evidently appear to the reader of the preceding ſections reſpecting the poor; yet I believe them to be more dreadful than imagination has generally delineated. A man who is an honour to his country, and to his friends, upon whom the zeal and enthuſiaſm in alleviating the ſufferings of humanity—of an HOWARD—is deſcended, is continually ſeeking out miſery, in order to ſuccour it, has often deſcribed to me his viſits of philanthropy; and ſome letters, which I have lately received from him, afford ſuch convincing inſtances of exiſting wretchedneſs, that I hope he will pardon the breach of private correſpondence, for the ſake of public good, in giving them here; as they may ſtimulate other benevolent individuals to emulate his benign exertions, and encourage the priſoner with the hope that the ſpirit of an HOWARD and a NEILD may ever hover around their loathſome dungeons.

"*Chelſea,*

"*Chelsea, 17th Sept.* 1801.

"DEAR SIR,

"I HAVE the honour of your very friendly letter of the 12th instant. It was my intention to have set out for Rochester on the 15th, as soon as the business at the Commissioners Office was over, and, after visiting that gaol, to have proceeded on to Canterbury, Dover, and Maidstone. This, however, has necessarily been procrastinated till to-morrow, by a very affecting circumstance.

"On Monday, the 14th instant, I went to the Borough Compter, formerly called the Borough Clink, and there saw nine poor objects imprisoned for very small sums; three of whom, *viz.* John Turner, Michael Stennison, and Margaret Evans, were very ill, and without any medical assistance whatever. Neither bed, blanket, coverlid, nor even straw, to lie upon. Their whole subsistence a two-penny loaf *per* day each, and water. No fire or utensils to cook their provision, or to warm them in cold weather. The court-yard only 19 feet square, so that neither muscular exercise, nor

nor free air, can be introduced. No mop, pail, brush, or broom, to keep the wretched apartments clean: the casements ready to drop off their hinges; scarcely a pane of glass in the windows: the floor of the day-room (on which there are but three or four boards remaining) too rotten to be walked upon with safety. Under these circumstances, I offered a composition to their several creditors; and on Wednesday the 16th had the pleasure to find six out of the nine liberated.

"The gaoler informed me, that the poor woman was so extremely ill about a week before I came there, that he expected every morning to have found her dead.

"Poor Hennison has the misfortune to have two creditors, one of whom will, and the other will not, accept the composition I offered. I have extended the time for his acceptance of it till the 19th, in hopes his heart will soften to the tears of distress. If he do not relent, I have directed the keeper to give the poor man 4*d.* a day, for the 36 days he will have to remain *.

* The composition offered was afterwards accepted. See p. 304.

"The other two men are healthy, and decently clothed.

"I have taken the opportunity of my friend Mr. Sheriff Cadell's official ſituation, to lay my ſtatement of this priſon, and likewiſe the neceſſity for an infirmary or ſick-room in Newgate for poor debtors (mentioning the great pleaſure I had in being accompanied by you the 8th of May laſt, through that extremely crowded but well-conducted priſon), before the Court of Aldermen, or Commiſſioners of City Lands, as moſt expedient *.

"When I reflect on the miſery and wretchedneſs above deſcribed, and the caſe of John Bailing, in the gaol of Aylesbury, it preſents ſuch a combination of woe as imagination could never have

* In ſection IV. p. 226, a correſpondence is introduced, in which the attention of a late Lord Mayor is conſpicuous. I have a pleaſure in acknowledging that I witneſſed a ſimilar diſpoſition on applying to him during his mayoralty, on account of the prevalence of infectious fevers at that period. The city of London, ſenſible of his active and humane ſervices, paſſed the following reſolution, which I have preſerved here, as a beautiful piece of literary compoſition, and as truly applicable to his character. EDIT.

"In

have formed, and makes one exclaim, "Contemplate the affecting picture, ye advocates for this inhuman practice, and learn the luxury of feeling for the miseries of others!"

"In Common Council, in the Chamber of the Guildhall of the City of London, on Tuesday, the 25th day of November, 1800.

"*Resolved, unanimously,*

"That the thanks of this Court be given to Harvey Christian Combe, Esq. late Lord Mayor, for the splendid hospitality with which he supported the dignity, and for the firmness and fidelity with which he discharged the duties, of the important office which he was appointed to fill by the impartial suffrages of his electors; for the easy access which he afforded to every man who sought assistance from his counsel or protection from his authority; for his steadiness in asserting the rights, and his activity in promoting the interests, of this great metropolis; for his temperate, manly, and upright conduct in Parliament; his attachment to the pure and genuine principles of the English constitution; and, above all, for that rare, but salutary and noble instance of wisdom with courage, and of justice with clemency, which he displayed during the late disturbances from the scarcity of corn, and for which his name deserves to be recorded in the annals of our history, as the friend of the poor, the guardian of the ignorant, the bloodless rebutter of the rash and tumultuous, the guardian of the peace, property, and lives of his fellow-citizens, the preserver of the general tranquillity of the kingdom, as a magistrate who consecrated the legal exercise of power by the most amiable feelings of humanity.

"RIX."

"I hav

"I have not viſited many priſons abroad, owing to my not ſpeaking the languages with ſufficient fluency; but that of Ghent, called *Maiſon de la Force*, which in 1779 I was permitted to ſee, through favour of General Dalton, ſtruck me as the beſt calculated to reform the priſoner, and at the ſame time to receive from his manual labour a compenſation for thoſe injuries he had done to ſociety. Through the above gentleman's politeneſs I was permitted to viſit the priſon at Bruges, which is upon a much ſmaller ſcale, and not to be compared to the former.

"Now, my dear Sir, permit me to thank you kindly for your ſolicitude about my health *. I take every care conſiſtent with the nature of my purſuit; but I am not willing that any priſons ſhould relapſe into their former ſtate, or that the effects produced by the immortal HOWARD ſhould ceaſe with the cauſe. I find myſelf urged by irreſiſtible curioſity or impulſe, or what you will, to viſit thoſe parts of a priſon I am cautioned againſt; and I truſt the malignity of the

* By a ſubſequent letter, I find that my friend was taken ill after his viſit to Colcheſter gaol. He attributed his ſpeedy recovery to a ſtate of mind, that preſerved him ſuperior to apprehenſion. EDIT.

diſeaſe

diſeaſe will never prevent me ſeeing the wretched victims of it.

" I am, with cordial eſteem and regard,

" DEAR SIR,

" Your much obliged, and

" faithful humble ſervant,

" JAMES NEILD.

" To Dr. LETTSOM."

SOON after my eſteemed friend had favoured me with the foregoing letter, he proceeded on his journey of philanthropy, to viſit various priſons in the neighbouring counties of the metropolis; being deſirous of ſeizing every opportunity which his official engagements afforded, of plunging into the dreary dungeons of human miſery, in order to liberate the captive, or meliorate his condition. During theſe exertions, he recalled to mind an abſent friend, and communicated to me inſtances of wretchedneſs, which national humanity muſt commiſerate, and national character ought not to have ſuffered.

From his correſpondence I have preſumed to ſelect a few remarks, which, if not immediately applicable to this ſection, are proofs, at leaſt, of the exiſtence of ſcenes of diſtreſs, unknown and unſuſpected, by moſt, but certainly of ſerious intereſt, to all individuals of the community. And the more happy they are, and the further they are removed from the contingence of human infelicity, the more powerful ſhould be the impulſe of compaſſion, and the more ſpeedy the ſuccour.

"*Chelſea, Oct.* 19, 1801.

"MY DEAR SIR,

"JUST before I left town I had the pleaſure to hear that Henniſon's other creditor had taken the compoſition I offered, and that he was diſcharged.

"The priſons I have viſited ſince laſt I had the pleaſure of writing to you are too numerous * even to touch upon in the compaſs of a letter; but there is one ſo far exceeding the others in wretch-

* I know there were 20 at leaſt. EDIT.

ednefs,

edneſs, that I cannot help ſending you ſome account of it.

"*Colcheſter Borough Gaol.*

"John Hardy, keeper; ſalary 12*l.* fees 2*s.* 6*d.*

"Surgeon none; Divine ſervice never performed!

"Water none—acceſſible to priſoners!

"It conſiſts of five dark rooms, with iron bargrated windows, in one of which, 15 feet ſquare, height 6 feet 7 inches, were ſix women, two very ſick upon the floor, nothing but ſtraw to lie upon with two rags of blankets. In another room, 16 feet by 11 feet, were four women. In the third, 15 feet by nine feet, was a man in fetters.

"Now, my dear Sir, obſerve, there is no court-yard to receive the benefit of freſh air; and, to render miſery complete, in each room there is a *half tub*, uſed as a *neceſſary*, without any cover to it, the effluvia from which, together with the exhalation from the bodies of the poor wretches, had ſuch a poiſonous effect upon me, that I could ſcarcely remain in their room a ſufficient time to

take the dimenſions. Nor was this all; for I was obliged to change every article of my cloaths, to get rid of the vermin which ſwarmed upon them; and I afterwards fumigated myſelf by going into a *ſmoking room.*

"God bleſs you, and preſerve you. Adieu!

"Yours, faithfully,

"JAMES NEILD.

"P. S. I forgot to tell you, that in this miſerable gaol (Colcheſter) no fire is allowed, or mop, broom, or pail, to keep it clean. It has no appearance of having been whitewaſhed theſe many years; the keeper told me none would ſtick upon the rooms, and this I could eaſily conceive, without the filth and dirt were previouſly ſcraped off.

"Allowance, ſome time ago, 6*d.* *per* day, now reduced to 4*d.*"

"*Chelſea,*

Chelsea, Oct. 23, 1801.

"My Dear Sir,

"BY the scrap enclosed in my last, you will see it was my intention of writing to you on my return from visiting the gaols of Surrey and of Sussex. Circumstances happened, which prevented my finishing what I had begun. The plan I set out upon in August last was, to visit the county and town gaols; accordingly, I went to Hertfordshire, Buckinghamshire, Bedfordshire, Northamptonshire, Huntingdonshire, Cambridgeshire, Surrey, Sussex, and Kent; but, till I came to Maidstone, never thought of visiting the Bridewells. That they are the very sinks of vice and profligacy, and a never-failing source to supply our gaols, will I think be evident from the following description:

Maidstone Bridewell John Down, keeper, salary 50l. Prisoners, thirty-two. Allowance, five half-quartern loaves per week each. Surgeon as in the town-gaol. No chaplain, or divine service ever performed. Court-yard eighteen yards by fourteen; the young beginner and the old offender promiscuously mixed; a few employed in the hemp and flax manufactory, but they have no part of what they earn.

"Two

" Two boys ſpinning twine, the one in irons, the other not; upon aſking the reaſon, the keeper informed me the former was but lately ſent there; that he made it a rule to put every new-comer into irons, and if they behave well for *ſome time* to take them off.

" In this ſituation I ſaw nine or ten all heavily fettered, ſome of them extremely ſo. Tis a pity there ſhould be no printed rules or orders for its government; no periodical reports of its conduct; no viſiting committee to control its management.

" Diſcharged pennyleſs, almoſt famiſhed, half (ſcarcely half) cloathed, the miſerable wretches become midnight depredators; hence (from the Bridewells) will our *county-gaols* be replete with felons, and the ſcaffolds of execution groan with the accumulated weight of theſe wretched malefactors — doubly wretched from their ſorrows, and their crimes!

" Impelled by chance or curioſity in my firſt viſit of the *Bridewells*, I am prompted to the purſuit by the ſorrows of the ſufferers, and by ſtriking at its ſource, attempt the relief of the miſerable.

" From

"From the converſations I have had with many in the preſence of the gaoler, ſparks of good intention have been plainly indicated; their acknowledged regular and correct behaviour has convinced me of it; how much then is it to be regretted that, during a two years impriſonment, they ſhould never receive either moral or religious inſtruction! thus the latent ſpark, inſtead of being encouraged, is *extinguiſhed*. At each entrance of almoſt every town there is a painted board, ordering all perſons found begging to be committed to priſon—what is the poor wretch to do? Juſt diſcharged from gaol; naked, ſcarce able to move, incapable of any labour, and periſhing with hunger, he is driven by irreſiſtible neceſſity to commit ſome predatory act, which ſoon brings him back to his former manſion, and ſhortens a wretched life that might, fain would have been, a uſeful one.

"Dartford Bridewell, Thomas Skill, keeper, ſalary 30l. fees of felons 13s. 4d. miſdemeanours 6s. 8d. Priſoners ſeven. Allowance, three half-quartern loaves each per week. Court-yard forty feet by twenty-two feet. Infirmary fourteen feet ſeven inches, by eleven feet ſix inches. White-waſhed four times a year. Employment, picking oakum,

oakum, at which they were at work, and they receive *the whole of their earnings*. None of them in irons; the keeper told me he very ſeldom made uſe of any; the gaol clean, the priſoners healthy and chearful; but in this priſon divine ſervice is never performed; in every other reſpect how different from that at Maidſtone, though both in the ſame county! I cannot cloſe my letter without mentioning the gaol at Rocheſter, which I viſited the 20th of September: Edward Wright, keeper; ſalary none; but as ſerjeant at mace 30l.; priſoners three. No chaplain, or divine ſervice ever performed. Two cells, each fifteen feet by five feet ſix inches; a bedſtead in each, which fills about one half the ſpace; an earthen pan in one corner uſed as a neceſſary. No water; no court-yard; no light or air but what are admitted through an iron-grated door. Two men in one cell, one woman in the other. Debtors and felons mix together; there is one room in the houſe, ten feet by nine, for ſuch debtors as can pay. I have not room to ſay more on the ſubject of *Bridewells*, therefore ſhall finiſh by an obſervation on the *exterior* of Chelmsford gaol, which has more the appearance of a gentleman's manſion than a priſon. Vulgar and vicious minds are moſt effectually touched by the inſtrumentality

mentality of *exterior* objects; therefore I would recommend ruſtic work and fetters, as at Newgate, which, inſtead of wonder and admiration, would create a terror and dread in the weak and ignorant, and uſefully operate on their minds through the medium of the ſenſes. I am, with cordial eſteem and regard, Dear Sir,

"Your much obliged,

"and faithful humble ſervant,

"JAMES NEILD *."

* An advertiſement in the public papers of Nov. 9, will form an appropriate appendage to this correſpondence. EDIT.

"*Society for the Diſcharge and Relief of Perſons impriſoned for ſmall Debts.*

"Craven-ſtreet, Strand, Nov. 4, 1801.

Preſent in Committee,

The Right Hon. Earl ROMNEY, Preſident.

Wm. Moreton Pitt, Eſq. M. P.	Col. Sweedland.
Henry Grimſton, Eſq.	John Ward, Eſq.
Charles Jones, Eſq.	Mr. Charles Walker.

"Moved, and paſſed unanimouſly,

"That the thanks of this Society be given to JAMES NEILD, Eſq. our worthy Treaſurer, for his very humane, uſeful, and particular exertions, in viſiting ſeveral county gaols in the courſe of this ſummer, and reporting the deplorable ſituation of many of the debtors confined therein.

"R. GRASSWELL, *Sec.*"

Account

Account of the propoſed Inſtitution to prevent the Progreſs of the Contagious Fever in the Metropolis. By THOMAS BERNARD, *Eſq.*

THAT the poor of every populous town are peculiarly liable to the attacks of contagious diſtembers, is a fact which has been ſtated by Dr. MURRAY in a late publication *, and of which a variety of melancholy evidence may be adduced. To thoſe only, who have been led to explore the receſſes of poverty and diſeaſe in the metropolis, can it be known how many circumſtances there are, both within and without the dwellings of the poor, contributing to the generating and ſpreading of infection; fatal and ruinous in their effects, though eaſily corrigible by the attention of the other claſſes of ſociety.

* Sold at Hatchard's, Piccadilly.

By

By the phyſicians of the Diſpenſaries it had long been lamented, that among the cloſe and unhealthy courts and alleys of the metropolis, the power of medicine was inadequate to check the progreſs of infectious fever, while parents and their children were, in all caſes, to remain within their own *infected* walls. Even if health were reſtored by medical ſkill and attention, ſtill the *habitation* remained ſubject to the acquired contagion, for want of that purification, the expence and trouble of which, though inconſiderable in themſelves, were beyond the ſcope and extent of the funds of inſtitutions, often preſſed upon by a number of claimants, exceeding their means of relief.

It had therefore been the anxious wiſh of ſome of the Directors of thoſe charities, that an adequate remedy might be adopted for this evil. In the mean time, in May, 1796, there had been formed at Mancheſter * the

* It ſhould be noticed that fever-wards for preventing the ſpreading of infectious fevers had been propoſed by Dr. Haygarth in 1775; and had been eſtabliſhed by him in Cheſter, as early as 1783.

dignified

dignified and exemplary eſtabliſhment of HOUSES OF RECOVERY, to check the progreſs of the contagious fever among the poor. The members of the Society for bettering the Condition of the Poor, have contributed to make known the regulations of this charity, and its extraordinary and beneficial effects, in alleviating one of the greateſt calamities to which our neceſsitous brethren are ſubject. For detailed information on this ſubject, the reader is referred to a recent Letter of Dr. Haygarth's on the Prevention of Infectious Fevers *; to the three volumes of Dr. Ferriar's Medical Hiſtories and Reflections; to

* The *practical concluſions* in Dr. Haygarth's letter on the prevention of infectious fevers, are ſo deſerving of attention, that I inſert them as a note. 1. *Medical, clerical, and other viſitors of patients in infectious fevers, may fully perform their important duties with ſafety to themſelves.* 2. *In any houſe, with ſpacious apartments, the whole family, even the nurſes of a patient ill of a typhous fever, may be preſerved from infection.* 3. *Schools may be preſerved from febrile infection.* 4. *In an hoſpital, infectious fevers ought never to be admitted into the ſame wards with patients ill of other diſeaſes.* 5. *When an infectious fever is in a ſmall houſe, the family cannot be preſerved from it, unleſs the patients are removed into ſeparate buildings.*

Dr.

Dr. Willan's Reports on the Diſeaſes in London; and to the above-mentioned pamphlet of Dr. Murray's, which has been lately publiſhed by the deſire and at the expence of the Society. In their Reports * there will be found ſome account of the Inſtitution at Mancheſter, whence I have ſelected the following circumſtances.

1. As to the comparative number of contagious fevers in Mancheſter, for three years previous to the eſtabliſhment of the Houſe of Recovery in May, 1796, and in one year ſucceeding its eſtabliſhment, it appears to have been as follows:

From Sept. 1793, to May, 1796,	1256
From May, 1796, to May, 1797,	26

2. With regard to its effect on general health, as aſcertained by the number of fever caſes admitted into the Mancheſter Infir-

* See the Society's Reports, vol. I. p. 98, and vol. II. p. 224, and p. 95 of Appendix.

mary, before and after the eſtabliſhment of the Houſe of Recovery, there were

Fever patients in January 1796,	-	226
in January 1797,	-	57

3. As to the total of patients in the Manchester Infirmary, though before the eſtabliſhment of the Houſe many caſes were refuſed on account of the greater pr ſs and claim of fever patients, there were

From June 1795, to June 1796,	2880
From June 1796, to June 1797,	1759
From June 1797, to June 1798,	1564

4. In order to ſhew the comparative mortality in the Houſe of Recovery, upon the fever caſes admitted into it, I proceed to obſerve that, from the 19th of May, 1796, to 21ſt of January, 1797, there were admitted two hundred and ſeventy-four; of theſe there died twenty-one: admitted in 1797, three hundred and forty-nine; of theſe there died twenty-ſeven: admitted in 1798, three hundred

dred and eighty-one; of theſe there died twenty-one. The proportions of deaths in the Mancheſter Houſe of Recovery, for theſe three years, will therefore appear to be as follows: in 1796, not quite one in eleven: in 1797, about one in thirteen: and in 1798, leſs than one in eighteen. It is no ſmall gratification to obſerve the progreſs of ſucceſs in the Mancheſter Houſe of Recovery; a ſucceſs, which may be imputed to two circumſtances; 1ſt, that the poor do now apply more early and more willingly; and 2dly, that they apply with more hope and confidence of recovery.

5. The limits of the Mancheſter Houſe of Recovery were, at firſt, neceſſarily confined to a few ſtreets in the vicinage. They are now extended, *without diſtinction*, not only to all Mancheſter, but alſo to all its neighbourhood for three miles round, as far as patients can conveniently be brought: and yet, with all this enlarged ſcope of benevolence, and with the admiſsion of every fever patient to be found in thoſe extenſive limits, the number of patients in the Houſe of Recovery were,

when I viſited it in Auguſt, 1798, nineteen; and when I viſited it in October, 1799, eleven.

6. To theſe facts, tending to explain the benefits of ſuch an inſtitution in checking the progreſs of infection, and in diminiſhing the general proportion and prevalence of diſeaſe and mortality, to which our nature is ſubject, I will add a ſtatement of the relative bearings of expence and effect; and obſerve that the fever patients cured in the Mancheſter Houſe of Recovery, in the year 1798, were three hundred and ſixty; all of whom had their houſes and property cleanſed, and purified from contagion, and the progreſs of infection completely ſtopped. The expence of *this boon to human nature* amounted to SEVEN HUNDRED POUNDS.

Impreſſed by theſe circumſtances, and by other corroborating facts, for the detail of which the reader may refer to their Reports, and to Dr. Haygarth's and Dr. Ferriar's publications, the Society has directed its attention

to

to the ſubject; and in the early part of the preceding winter, at the requeſt of their committee, Dr. Murray, one of the phyſicians to the Public Diſpenſary in Carey-ſtreet, prepared and publiſhed his "Remarks on the Si-"tuation of the Poor in the Metropolis, as "contributing to the Progreſs of Contagious "Diſeaſes; with a Plan for the Inſtitution of "Houſes of Recovery, for Perſons infected "by Fever." The preſſure of the exiſting ſcarcity had delayed for a few months the progreſs of any active meaſures on the ſubject. A meeting, however, was at length called for the firſt of May, to take meaſures for forming the inſtitution in the metropolis.

The attendance at this meeting was ſuch as, from the nature of the ſubject, might have been expected. The Duke of Somerſet, the Earl of Pomfret, the Biſhop of London, and the Biſhop of Durham (who, by deſire of the meeting, took the chair), together with many reſpectable inhabitants of the metropolis (after the certificate from ſeveral phyſicians of hoſpitals and diſpenſaries in London, as to the

prevalence of infectious fever, had been read), adopted unanimouſly, upon the motion of Lord Sheffield, the reſolutions —— That it appears to this meeting, by a certificate from the phyſicians of the hoſpitals and diſpenſaries in London, that the contagious malignant fever has been for ſome time paſt, and now is, prevalent in the metropolis: and that it has been occaſioned by individual infection, which, with proper care, might have been immediately checked — or has been produced, or renewed, by the dwellings of the poor not having been properly cleanſed and purified from contagion, after the fever has been prevalent in them: — that it alſo appears that this evil (the injury and danger of which extend to every part of the metropolis) might be prevented, by cleanſing and purifying the clothes, furniture, and apartments, of perſons attacked by this diſeaſe, and by removing them from ſituations where, if they remain, the infection of others is inevitable: — and that a SUBSCRIPTION be immediately ſet on foot, for the purpoſe of forming an Inſtitution for checking the progreſs

greſs of the contagious malignant fever in the metropolis, and for removing the cauſes of infection from the dwellings of the poor, upon a plan ſimilar to that which has been adopted with great ſucceſs and effect at MANCHESTER.

OBSERVATIONS.

It is a curious and intereſting fact, that the eſtabliſhment of one ſolitary Houſe of Recovery at Mancheſter, with an expence not exceeding 700l. a year, ſhould have nearly put an end to the contagious fever in that place; — a place where the Cotton-mills and a variety of other circumſtances, aided by extreme population, furniſh ſo abundant a ſupply for the renewal of infection. That in one year the average of fever ſhould be diminiſhed from 471 to 26,—the fever caſes of the general Infirmary to *one-fourth*,—their other patients to *nearly half*,—and the proportion of mortality under the fever from a *ninth* to an *eighteenth*,—afford a pleaſing example of what may be done by active and

intelligent benevolence,—labouring for the benefit of its fellow-creatures. This, however, has been attended with many other advantages, in the diminution of the general mortality of that place, and in the improvement of the domeſtic comfort and well-being of the poor.

In the common caſes of infectious fevers, if we ſuppoſe that only one in eight dies (and the proportion is ſometimes one in four), yet we muſt take into the conſideration, that, of the other ſeven, many are nearly ruined in health and circumſtances, and hardly any have the infection entirely removed from their houſes. Such is the condition of parts of the metropolis, whence the infection of fever, though occaſionally ſuſpended by a froſt, has not for years been effectually removed; and in which, when the ſad tale of indigence and mendicity is unfolded, the *infectious fever* ſo frequently occurs as the original cauſe of their calamity.

What-

Whatever may have been the call for this charity in Manchester, the circumstances of London more imperiously demand it; and I shall not willingly believe that the energy and liberality of the metropolis will not be adequate to the increased sphere of action. If we can commence our operations only in a limited district, we may hope, even in a few months, gradually to extend its sphere, as has been rapidly and effectually done at Manchester, and soon to embrace the whole metropolis. The position,—the local situation,—being once obtained, and the advantages pursued, the whole operation may be easily effected.

It has been said, that all the relief that is wanted may be supplied by the existing medical hospitals.—The evil is not recent, nor unknown to the faculty; nor is the remedy a matter of theory or speculation. Five years experience has been supplied by the well-directed philanthropy of the inhabitants of Manchester. Yet in all that time no movement has been made in the metropolis;—nothing has

has been done. And indeed, it ſhould ſeem, that before any effectual remedy for contagious fevers can be applied by our medical hoſpitals, that regulation, which confines the time of admiſſion to one day in a week, muſt be given up. Thoſe patients, who are the proper objects of ſuch an inſtitution, muſt be *ſought for* in their wretched habitations, and brought in at all times,—not as a mere boon, or perſonal favour,—not upon the intereſt of a governor,—but *as an act of free benevolence*; applying its operations, upon a general ſyſtem of municipal policy, for the benefit of the whole of the metropolis; and extending thoſe operations from the roof of the hoſpital *into the dwelling of the patient* *, ſo as to remove the very veſtiges of infection.

In

* The ſufferings occaſioned by Contagious Fevers in the dwellings of the poor, are enhanced and continued by their inability to provide for the cleanſing of apartments in which the fever has ſubſiſted. In conſequence of this inability, the contagion is accumulated, ſo that perſons no ſooner recover from one attack of the diſeaſe, than the infectious poiſon is again applied, and they thus become liable to continual relapſes. Inſtances of this frequently occur; many houſes are known not to have been clear of fever for a very great length

of

In one way, indeed, the medical hoſpitals may both aſſiſt, and receive benefit from, this Inſtitution; by appropriating to it ſome of their vacant wards, at a fair rent, and with a ſeparate and diſtinct entrance: a meaſure that not only would increaſe their funds, and their means of being uſeful, but, by the furtherance of this inſtitution, would, if we may judge from what has paſſed at Mancheſter, greatly relieve them, by diminiſhing the number of patients.

Before I conclude, I ſhould obſerve that, though the mild weather of the two preceding winters has at preſent augmented the contagious fever in the metropolis, yet it has not been in a ſtate of increaſe for ſome years

of time; and in one particular houſe, ſituated in Parker-ſtreet, near Drury-lane, a poor man and his wife, inhabiting a ſmall dirty back-room, have each been attacked by the fever four ſeveral times ſince the month of January laſt.—Influenced by theſe circumſtances, the Committee has directed its attention to this part of the ſubject, and has appropriated a ſum for immediately whitening with hot lime, and otherwiſe cleanſing, thoſe dwellings of the poor in which infectious fevers have lately prevailed. 22 *July*, 1801.

back.

back. From the period when it raged under the name of the plague * in London, and ſpread general and reſiſtleſs havock, a gradual diminution (as appears by the bills of mortality) had taken place at the end of the 17th century. Between that and the year 1750, it had again conſiderably increaſed; and we then find, that the deaths by fever, in that year, amounted to 4,294, being almoſt a fifth of the whole mortality of London. The improvements in the edifices of the metropolis, and the attention to domeſtic and perſonal cleanlineſs which was then awakened, have ſince reduced the mortality by fevers, ex-

* The want of air and cleanlineſs appears to be the great cauſe both of the plague, and of the malignant fever. There ſeems to be a conſiderable degree of affinity between theſe two diſeaſes. In a late publication *on the increaſe and decreaſe of different diſeaſes, and particularly of the plague*, Dr. Heberden, junior, has given a very curious detail of information on the ſubject. Many circumſtances, and among others, that of the malignant fever *preceding and following*, the plague, ſeem to prove that the plague is merely an aggravated malignant fever. Dr. Haygarth obſerves, that the plague is a ſpecies of fever; *and that it does not render the atmoſphere infectious farther than a few feet from the patient or the poiſon.* Dr. Haygarth's Letter, p. 157.

cept

cept at the preſent time, to leſs than half its average in the year 1750; yet there has always exiſted abundant reaſon for deploring, on the ſcore both of humanity and of policy, the individual miſery, and public loſs, occaſioned by the ravages of contagion. The increaſed mortality from this cauſe within the laſt 18 months, has more eſpecially evinced the neceſſity of meaſures being adopted for remedying this evil. Whatever difficulties may obſtruct the attainment of ſo great and deſirable an object, I truſt that the friends of human nature will not ſhrink from their duty, but proceed in the confidence, that by the united efforts of medical ſkill and active philanthropy, we ſhall ſoon check the progreſs of the contagious malignant fever in the metropolis, as effectually and beneficially as has been done at MANCHESTER.

8th May, 1801.

The

The following table is added, of the annual average number of deaths from fever (including the articles malignant fever, ſcarlet fever, ſpotted fever, and purples), in each period of ten years, from the beginning of the laſt century; extracted from the Bills of Mortality.

Average of ten years, from	1701	to 1710	3230
	1711	1720	3656
	1721	1730	4037
	1731	1740	3432
	1741	1750	4351
In the year 1750			4294
Average of ten years, from	1751	to 1760	2564
	1761	1770	3521
	1771	1780	2589
	1781	1790	2459
	1791	1800	1988
In the year 1800			2712
In the firſt quarter of 1801, 725 deaths, equal to an annual amount of			2900
In the ſecond quarter of 1801, 774 deaths, equal to an annual amount of			3096
Annual average of the firſt 53 years			3951
laſt 50 years			2424
whole century			3188

PLAN

PLAN

ADOPTED FOR

THE INSTITUTION FOR THE

CURE AND PREVENTION OF

CONTAGIOUS FEVERS

IN THE METROPOLIS.

1. ALL Subſcribers of one guinea a year or upwards, or of ten guineas or more in one donation, ſhall be governors of this inſtitution.

2. The Inſtitution ſhall be under the direction of a Committee of 32, conſiſting of the Preſident, 6 Vice-Preſidents, the Treaſurer, and 24 other Members, who ſhall be elected by the Governors.

3. All poor perſons, labouring under infectious fever, and reſiding within the limits hereafter to be aſſigned, ſhall be conſidered as proper objects of this charity.

4. Houſes

4. Houſes of Recovery ſhall be provided for the reception of thoſe whom it may be thought neceſſary to remove from their own habitations. They ſhall be in airy ſituations; ſufficiently detached from other buildings; and in the neighbourhood of a populous diſtrict of the town.

5. As far as may be practicable, the Houſes ſhall be divided into ſeparate apartments, to be appropriated to patients in the different ſtages of fever.

6. Upon the recommendation of any one for relief by this Charity, notice ſhall be immediately given to the Phyſician; and the patient may be admitted into the houſe by an order for that purpoſe ſigned by the Phyſician.

7. A chair, provided with a moveable lining, or ſome other means of conveyance, ſhall be kept at the Houſe, in which all perſons ordered by the Phyſician to be removed ſhall be carried thither at the expence of the Inſtitution.

8. Regulations for the internal management of the Houſe ſhall be prepared under the direction of the Committee, with the aſſiſtance of the medical officers of the Inſtitution.

9. When

9. When the Phyſician ſhall think the removal of a fever patient unneceſſary, or when the fever ſhall have ceaſed in a dwelling-houſe, meaſures ſhall be adopted for the purpoſe of checking the progreſs of contagion, or preventing the renewal of its effects. The apartments ſhall be cleanſed and white-waſhed, and infected bed-clothes and apparel ſhall be purified or deſtroyed.

10. A ſtock of bed-clothes and apparel ſhall be provided, to conſiſt of ſuch articles as the Committee may direct, from which the objects of this Charity ſhall be ſupplied when it may be neceſſary.

11. A general meeting of the Subſcribers ſhall take place twice every year, *viz.* on the firſt Friday in May, and on the firſt Friday in November. Special meetings of the Subſcribers ſhall be called by the Preſident, at the requeſt of the Committee, or of any ſeven Governors, ſeven days previous notice being given thereof and of the buſineſs to be tranſacted. At the general meeting in May, the Preſident, Vice-Preſidents, Treaſurer, and other Members of the Committee, ſhall be annually elected; eight of the thirty-two Members of the Committee being to

go out, and to be replaced by eight other Governors of the Inſtitution.

12. The Committee ſhall meet on the laſt Friday of every month, and at leaſt three Members ſhall be neceſſary to conſtitute a meeting.

13. The Committee ſhall appoint all the officers and ſervants of the Charity. They ſhall form temporary regulations for the management of the Houſe, which ſhall be in force until the ſucceeding General Meeting, but no longer, unleſs then confirmed.

14. The Committee ſhall from time to time publiſh a report of the ſtate of the Inſtitution.

15. The Treaſurer ſhall receive all ſums of money paid for the uſe of the Inſtitution, and ſhall give ſuch ſecurity for the faithful diſcharge of his office as the Committee ſhall think ſufficient. He ſhall make all payments ſanctioned by the Committee, and ſhall lay before them at each meeting a ſtatement of the accompts, and the ſame ſhall be audited and balanced, and ſubmitted to the General Meeting in May.

16. The

16. The Treaſurer ſhall appoint a Clerk for the purpoſe of collecting ſubſcriptions, and ſhall be reſponſible for his conduct. The Clerk ſhall receive ſuch remuneration as the Committee ſhall think proper.

17. The Committee ſhall, at each monthly or other meeting, appoint Directors of each Houſe, who ſhall continue in office until the next meeting the Committee.

18. The Directors ſhall give orders for the purifying of clothes and apartments, where the Phyſician reports it to be neceſſary; and when application is made for a ſupply of clothes, they ſhall give an order in writing for ſuch articles as they may deem requiſite.

19. They ſhall order a reward to ſuch amount (ſubject to the regulation of the Committee) as they may think proper, to be given after the ceſſation of fever, on condition that the rules preſcribed for cleanlineſs, ventilation, and the prevention of infection, have been faithfully obſerved. The reward ſhall be proportioned to the degree of previous danger, and the ſucceſs of the meaſures by which it ſhall have been counteracted.

20. The Directors, before every meeting of the Committee, ſhall cauſe the bed-clothes and apparel belonging to the Inſtitution to be examined, and ſhall report thereon to the Committee.

21. The Directors ſhall be authoriſed in all reſpects to aid the execution, and enforce the obſervance, of the regulations of the Inſtitution; and they ſhall notice, and, if neceſſary, report to the Committee any irregularity or miſconduct on the part of the ſervants and patients of the Charity.

22. The attending Phyſician ſhall, upon receiving an application in behalf of any object of this Charity, aſcertain the ſtate of the ſick perſon, either by perſonal inſpection, or by obtaining a ſatisfactory ſtatement of the caſe from a phyſician or an apothecary. If it be neceſſary, either on account of the extreme poverty of the patient, or of the crowded ſtate of his habitation, that he be removed to the Houſe, the Phyſician ſhall give an order to that effect.

23. The Phyſicians ſhall viſit each houſe at ſuch times as may be deemed neceſſary by the Committee; and ſhall attend at their own houſes thoſe patients whom they may not think it proper to remove.

24. The

24. The Phyſicians ſhall keep accurate regiſters of the caſes of all in-patients admitted under their care, and of the remedies employed.

25. They ſhall alſo report the meaſures neceſſary to be adopted in places where the contagion ſubſiſts, or has appeared.

26. The Committee ſhall allot the portion of duty to be undertaken by each Phyſician.

27. An Apothecary ſhall be appointed for each Houſe, and ſhall reſide near the Houſe, which he ſhall attend at leaſt once every day, and at ſuch other times as the Phyſician ſhall appoint, and on all caſes of emergency.

28. He ſhall prepare the medicines for the patients, and ſhall attend at a certain hour for the purpoſe of delivering thoſe ordered for the out-patients.

29. The Apothecary ſhall receive ſuch compenſation for his attendance as ſhall be fixed by the Committee.

30. The Secretary ſhall iſſue ſummonſes for, and attend, all meetings of, the Committee and Governors. He ſhall enter in proper books an account of their proceedings, and ſhall do ſuch other buſineſs as the Committee may direct.

31. He ſhall be entruſted generally with the care of the clothes, and other things, belonging to the Inſtitution.

32. He ſhall be under the direction of the Committee and Directors, and ſhall ſuperintend the execution of the meaſures enjoined by them for cleanſing and purifying clothes and apartments.

33. He ſhall report to the Directors the Phyſician's opinion as to the articles of clothing required, and ſhall deliver none out of his cuſtody but in conſequence of an order ſigned by the Directors.

34. He ſhall deliver wine only to thoſe who produce an order ſigned by the Phyſician, ſpecifying the name of the patient for whom it is ordered, and the exact quantity required.

35. He ſhall, from time to time, viſit the apartments of any perſon to whom it ſhall have been

been found neceſſary to entruſt bed-clothes or apparel, and ſhall aſcertain whether they are applied to the intended purpoſe; and in caſe of any miſuſe of them, he ſhall immediately report the ſame to the Directors.

36. He ſhall lay before the Committee, at each meeting, an account of the articles of clothing, &c. in his poſſeſſion, and a liſt of thoſe lent, or given, by order of the Directors, and of thoſe returned ſince the preceding meeting of the Committee.

37. Before entering upon his office he ſhall give ſecurity for his good conduct to ſuch amount as the Committee ſhall determine.

38. The ſervants of each Houſe ſhall conſiſt of a Matron, who ſhall ſuperintend the domeſtic concerns, and of ſo many ordinary nurſes as may be abſolutely neceſſary, together with a porter, and ſuch extra attendants as from time to time the Committee ſhall think requiſite.

39. The Porter of each Houſe ſhall aſſiſt in carrying thoſe whom the Phyſician ſhall have ordered to be removed to the Houſe, and ſhall be otherwiſe employed as the Committee and Directors ſhall appoint.

CONCLUSION;

WITH MISCELLANEOUS OBSERVATIONS.

HAVING been requeſted by ſeveral correſpondents, to convey my ſentiments in a collected point of view, on purifying the air of infected rooms—on ventilation—on cleanlineſs and waſhing—and on bed and bed furniture—I have introduced ſome obſervations on theſe diſtinct objects, in addition to the preceding Hints.

1. *On purifying the Air of infected Rooms.*

The experience of ſeveral modern writers, from the circumnavigator COOK, the obſervations of HOWARD, and the numerous facts of HAYGARTH, all combine to prove, that a free circulation of atmoſpheric air, with waſhing and cleanſing infected rooms, are ſufficient to purify them effectually, and in which my learned friend Dr. FALCONER, of Bath, coincides;

coincides; to whoſe judgment, every medical profeſſor will pay ample deference.

Various proceſſes, however, of purifying infected places have been recommended by medical practitioners. Dr. JAMES CARMICHAEL SMYTH recommends fumigating the infected places with nitrous gas *; this is done by decompoſing nitre or ſalt-petre by means of vitriolic acid, which may be done as follows, in the words of this ingenious phyſician:

"Put half an ounce of vitriolic acid into a crucible, or into a glaſs or china cup, or deep ſaucer; warm this over a lamp, or in heated ſand, adding to it, from time to time, ſome nitre. Theſe veſſels ſhould be placed at twenty or thirty feet diſtance from each other, according to the height of the cieling, or virulence of the contagion, and ſhould be ſtir-

* "As the quantity of vapour depends, in ſome meaſure, on the ſurface, it is better to have the vitriolic acid put in a number of ſmall veſſels than in one or two large ones; beſides, in this way it has the advantage of being diffuſed more readily in any given ſpace."

red

red with glaſs ſpatulas. In hoſpitals or priſons the lamps or veſſels containing heated ſand may be placed on the floor; on board of ſhips, it will be better to hang them to the cieling by waxed ſilk cords. The fumigating lamps, which are to be ſeen at *Moyſer's*, in Greek-ſtreet, Soho, a great number of which have been ſold to the navy, may be employed for this purpoſe; although they would anſwer much better if the ſaucer were deeper, and if, inſtead of a place for a lamp, there were a box proper for containing hot ſand, in which the ſaucer might be placed.

"As fumigating with nitrous acid is attended with no inconvenience, and as the proceſs is ſo ſimple, and the materials ſo cheap, it ſhould, as a means of prevention, be employed for ſome hours every day in tranſports, having troops on board, and in crowded hoſpitals; and if there is any appearance of contagion, the fumigation ſhould be executed with more care and attention, and the vapour confined for ſeveral hours at a time. Fumigating veſſels or lamps ſhould alſo

alſo be placed contiguous to the hammocks or beds of perſons affected with any contagious or putrid diſtemper, whether fever or dyſentery."

In Spain, fumigations with ſimple muriatic acid in vapour have been recommended. This vapour may be produced by a proceſs ſimilar to the preceding, by adding marine or common ſalt to the vitriolic acid, inſtead of nitre.

MORVEAU, and DUYEUX, in France, prefer the oxygenated muriatic acid, which reſembles the proceſs adopted in Spain.

Dr. ROLLO, of the hoſpital in Woolwich barracks, directs the uſe of the following compoſition:

Take of pulverized manganeſe, two parts.
Common ſalt, four parts.
Oil, or acid of vitriol (ſulphuric acid), three parts.
Water, one part.

A ſuit-

A ſuitable proportion of this mixture is put into an earthen veſſel, and ſuffered to remain until no vapours ariſe from it, or its peculiar ſmell is not perceptible. When a patient is admitted with an infectious diſeaſe, or when there are patients with ſores having offenſive diſcharges, one or two gally-pots are placed in the wards with about three ounces of the manganeſe and ſalt, to which is added half an ounce of water, and there is gradually poured on the whole a part of the ounce of the oil of vitriol (ſulphuric acid); the remainder occaſionally. Theſe quantities are according to the proportions previouſly ſtated, and they anſwer the conſumption of a day. A pot or two is alſo placed on the outſide of the doors of the ſame wards in the gallery. The vapour is diffuſed over the whole ward, and penetrates every where, and deſtroys every other ſmell than what itſelf conveys. This vapour has been found, by experiment, deſtructive of the contagion of ſmall-pox; of courſe it is likely to prove deſtructive of other contagions. It can be uſed with effect, without prejudice to the ſick, in the manner we have deſcribed;

deſcribed; and it is in very frequent uſe in this hoſpital. The application of it, while it déſtroys contagion, may alſo prevent its formation, and ſhould be employed in all caſes ſimilar to thoſe we have pointed out. It may prove uſeful, and we recommend its uſe in all ſituations, where a number of perſons in health are confined together, as on board of tranſports, eſpecially in bad weather. Two or three gally-pots, with the quantities uſed in the hoſpital, would be found ſufficient, and it would not be neceſſary to uſe them oftener than twice or thrice a week. It merits a trial in marſhy places, where there may be unavoidable expoſure; in theſe caſes the gally-pots, with the materials, ſhould be placed in the inſide of the windows and doors of the habitations next to the marſhes.

2. Venti-

2. *Ventilation.*

Although the circulation of air is at all times conducive to health, it is peculiarly eſſential in ſtopping the progreſs of infectious fevers; but from various cauſes, and particularly from the tax on windows, many apartments, inhabited by the poor, are rather calculated to exclude, than to admit the circulation of air, and hence tend to increaſe infectious diſeaſes: the evil might in ſome degree be leſſened by the uſe of the common ventilator, at no great expence.

It has been ſuggeſted, that in ſome inſtances of fevers, the patients have felt uneaſy, from a current of cold air blowing upon them; although I cannot conceive that any injury would reſult from this cauſe, unleſs in very cold weather: to anſwer the objection, however, windows have been conſtructed, with a frame ſlanting obliquely, placed at the top ſaſh of each of the windows, which diverts

diverts the air from a direct horizontal courſe, either upwards towards the cieling, or downwards towards the floor.

To render the air more temperate in cold weather, by throwing in warm atmoſpherical air, Dr. Rollo recommends a ſpacious ſquare opening, grated, to be made in the wall next the back ground, externally, on a level with the baſement floor, to paſs behind a fire-place and ſtove, having a ſand bath conveniently placed for any uſeful purpoſe; to communicate with earthen tubes, placed perpendicularly, and heated by the fire terminating in a large tube of the ſame nature, to open into the rooms of the patients, when required.

3. *Cleanlineſs and Waſhing.*

Could the free circulation of air, and cleanlineſs in houſe and perſon, be introduced among the poor, infectious fevers would rarely occur; but under the preſſure of diſtreſs,

treſs, every uſeful effort is too generally neglected; as much as poſſible, however, they ſhould be taught, and encouraged, to make exertions that are not expenſive, and highly ſalubrious; as waſhing their apartments, and their furniture*, in the cheapeſt manner; and the walls and cielings with quick lime, an object of very trivial expence to moſt individuals.

It would add greatly to the health of the poor, were they to adopt a rule in their families, to have each perſon waſhed from head to foot about once a week; this might be the evening preceding, or the morning of, the Sabbath.

In the years 1783 and 1786, the typhus fever was ſo epidemic in Cheſter, as to occaſion general alarm; but, with the precau-

* In the cleanſing of cloths and furniture, baking them in ovens, and various fumigations, have been recommended; but if they are well ſteeped in water, once or twice changed, and afterwards waſhed with ſoap, infection from them will be effectually prevented.

tions

tions of free air and cleanlineſs, not one caſe occurred of a ſecond perſon catching the diſeaſe, as Dr. Haygarth relates in his letter to Dr. Percival.

"Freſh air and cleanlineſs were the only means which I employed to prevent infection. Doors and windows were kept open, as far as the ſeaſon and other circumſtances would permit. Curtains were drawn to exclude light, but not the free circulation of the air. All cloths, utenſils, &c. uſed by the patient, were immerſed in a veſſel of cold water immediately; and when taken out of it carefully waſhed. The floors were kept clean, and vinegar was ſometimes, but not always, employed to ſprinkle them. It was thought to be more eaſy, and more ſafe to remove than correct the poiſon." (P. 39.)

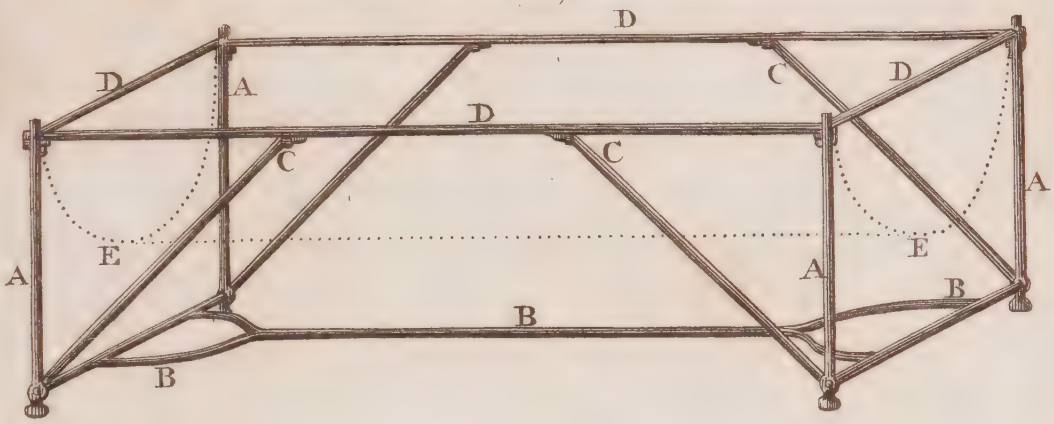
4. *Bed and Bed Furniture.*

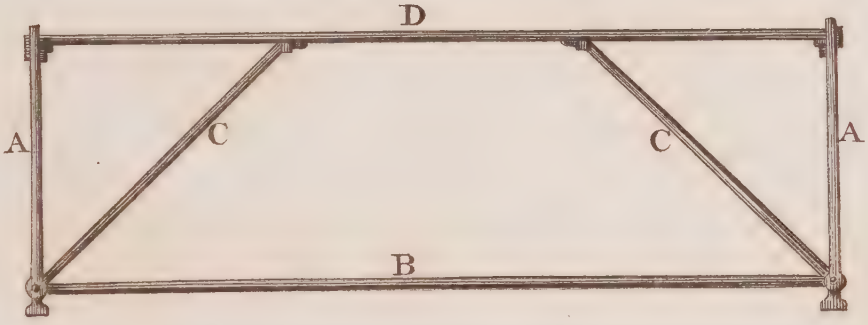
In moſt hoſpitals iron bedſteads have ſuperſeded thoſe of wood; they are made of a light conſtruction, with teſters only, and curtains, when neceſſary, thrown over the teſters. The curtains may be requiſite in cold weather; or to exclude the light in certain caſes of delirium; as well as to prevent one patient from ſeeing another in the ſame ward, which may be proper under certain ſtates of aggravated diſeaſe. Theſe half curtains ſhould be made of linen, or ſome ſubſtance ſuitable for waſhing.

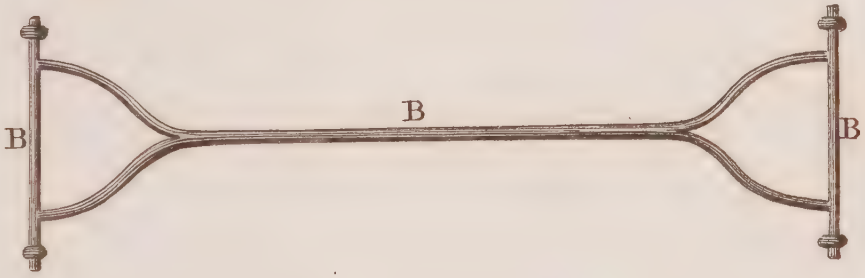
The plan of hanging up the bedſteads when not in uſe, as practiſed in the Waterford Houſe of Recovery, may be conveniently adopted. Straw beds, as already deſcribed, in that inſtitution are the beſt for patients under infectious diſeaſes, as the ſtraw may be burnt, and the ticks which contained it occaſionally waſhed, as is practiſed in Woolwich barracks, and elſewhere.

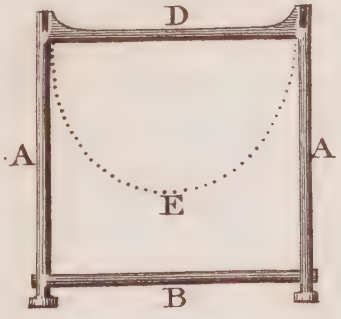
I can-

Plan of a Cot-bedstead









I cannot with ſatisfaction conclude this ſection, without introducing to notice an iron cot-bedſtead, which I have had made from a model, ſuggeſted to my mind, from viſiting the priſon of Newgate, which the annexed engraving and deſcription will explain.

The poſts, A A A A, are kept ſteady at their lower extremity, by a bottom rail, B B B, running from one extremity to the other, and its terminations are forked, to increaſe ſtability: for the ſame intention, though not abſolutely neceſſary, raking braces, C C C C, are added. The terminations of the bottom rail are faſtened to the croſs rails by joints, which allow the poſts to fold in upon the bottom rail. The ſide rails, D D D D, to which the facking, E, is to be hung, are fixed by hooks into notches, at the upper end of the poſts, in ſuch a manner as to be put on and removed in a few minutes; for it is expreſsly deſigned that they ſhould be taken off every morning, that ſpace may be

be allowed in the rooms for the convenience of the patients and families who use them.

END OF THE FIRST VOLUME.

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